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SWAMPED BY SANDY

A view of the corner of 34th Street and 1st Street in Manhattan during rains from Hurricane Sandy on Monday. The storm has forced the shutdown of mass transit, schools and financial markets and sent coastal residents fleeing. More coverage, pages 3, 10, 15 & 20. MICHAEL HEIMAN/GETTY IMAGES

Sea swallows tall ship

The captain goes missing as the HMS Bounty falls victim to Sandy off North Carolina
PAGE 4

Skye's the limit?

HRM council is set to debate the proposal for the controversial Skye Halifax development
PAGE 6

Fame and misfortune

Maygan Sensenberger wanted to be known as a model or actress, not the 'crazy Air Canada lady'
PAGE 8

Punk'd!

Don't be fooled by the photos, says Mila Kunis — she isn't expecting Ashton Kutcher's kid
PAGE 24



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Welcome aboard. Sandy forces cruise ships to divert to Halifax

Three cruise ships are making emergency dockings in Halifax in the wake of the wild weather system battering the east coast of North American.

That means the city will see an influx of 3,000 ship passengers on Tuesday.

One of the vessels, the World, has been docked in the city since Sunday. The Norwegian Dawn arrived on Monday, and the Regatta is scheduled to arrive on Tuesday. All of the vessels were bound for the storm-battered eastern coast of the United States, and each is scheduled to depart on Tuesday.

Michele Peveril, a spokeswoman for the Halifax Port Authority, said the unexpected visitors would bring a welcome boost to the city's tourism sector, which is currently winding down.

One of those businesses is Murphy's on the Water, which offers everything from guided boat tours to lobster dinners. Angela Malec, director of marketing, said the chance to cater to thousands more customers came as a welcome surprise.

"We love them. They add another demographic to our business," Malec said. "The season certainly starts to slow down this time of year, so it's great having them around."

The end of the cruise-ship season has been pushed to Thursday, from Wednesday.

Peveril said the number of arrivals has been on par with last year. By Thursday, an expected 240,000 cruise-ship passengers will have docked in Halifax this year.

ANDREW RANKIN/METRO



A forecaster at the Canadian Hurricane Centre in Dartmouth tracks Sandy's progress toward Nova Scotia on Monday afternoon. Halifax could get 10 to 20 millimetres of rain before the storm dissipates, but southwestern Nova Scotia could get up to 100 millimetres. JEFF HARPER/METRO

Bracing for a blast from monster storm

Sandy touches down. Halifax will get rain, but southwestern Nova Scotia could get storm's full force



ANDREW RANKIN
andrew.rankin@metronews.ca

Superstorm Sandy might go easy on Halifax, but it won't be as kind to southwestern Nova Scotia.

Residents of that corner of the province can expect up to 100 millimetres of rain paired with wild winds over the next two days.

During a Monday briefing at the Canadian Hurricane Centre in Dartmouth, sen-

Wind, ho!

"Southwestern Nova Scotia will probably get a bit of everything with the waves, wind and heavy rain."

Bob Robichaud, Canadian Hurricane Centre

ior forecaster Bob Robichaud warned the region could be the hardest hit out of the entire country.

The large storm measures about 1,000 kilometres from its centre, meaning a direct impact in New York City will be felt in the Digby and Yarmouth areas.

Sandy, which registered winds of 150 kilometres an hour on Monday, is expected to continue wreaking havoc until late Wednesday. Halifax

could get 10 to 20 millimetres of rain before the storm dissipates.

Robichaud said the tropical system is behaving like a winter storm, picking up cold air and intensifying as it moves north.

"Having all these factors adding up is certainly something we don't see very often," he said, adding he hasn't seen anything comparable since Hurricane Noel in 2007.

Sandy will bring rain and

wind to Southern Ontario and Quebec, but Robichaud said the western Maritimes would get the most rain, anywhere from 50 to 100 millimetres over two days.

On Monday, all inbound and outbound U.S. flights were grounded at Halifax Stanfield International Airport, said spokeswoman Jennifer Delorey Lyon.

She said stranded passengers should contact their airlines regularly for updates on their flight status.

Porter Airlines also cancelled all flights to Toronto, and the province suspended the Tanook ferry service.

Residents who use the provincial ferry service are advised to monitor the emergency road-condition phone service at 511 for further suspensions.

1 NEWS



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'Rush the Hill'

Push for Rush show ramps up

A Nova Scotia-based website has launched a campaign to bring Rush to the East Coast. AtlanticCanadaRocks.ca is promoting "Rush the Hill," on Twitter and Facebook in hopes of persuading Rush to visit during its 2012-13 tour. **METRO**



Rush's Geddy Lee SUBMITTED

Cape Breton

C.B. officer under investigation

A Cape Breton Regional Police officer is under investigation by the provincial Serious Incident Response Team (SIRT.) Police were made aware of allegations of obstruction of justice involving the officer last week and notified SIRT. **METRO**

Montreal man

Fraud suspect to remain in jail

A Montreal man is facing more than two dozen fraud charges in Halifax. Several local banks contacted police after getting suspicious account applications, and officers determined he was using fake identification to apply for the accounts. **METRO**

Adopt

Black pets need homes: SPCA

The Nova Scotia SPCA is urging potential pet owners to adopt a black cat or dog in honour of Halloween.

A release from the agency states that across the country, more black cats enter shelters than any other colour. **METRO**

Bridgewater

Car sideswipes school bus

RCMP investigators say charges are expected after a collision between a car and school bus near Bridgewater. The driver of the car crossed the center line on Hwy 331 Monday, and sideswiped the bus. There were no major injuries. **METRO**

Tall ship Bounty sunk by Sandy

Superstorm. Crew forced to abandon ship, captain still missing

A Nova Scotia-built replica 18th-century sailing vessel got caught in Hurricane Sandy's wrath and began taking on water Monday, forcing the crew into lifeboats in rough seas off the North Carolina coast.

The U.S. Coast Guard rescued 14 people by helicopter and spent much of the day searching for two missing crew members of the HMS Bounty.

One of them, 42-year-old Claudene Christian, was found dead in the water on Monday evening, according to reports. She was taken to hospital while rescuers continued to search for the missing captain, 63-year-old Robin Walbridge.

Both Christian and Walbridge were wearing survival suits designed to protect them for up to 15 hours.

Earlier in the day, Coast

Guard rescue swimmer Randy Haba helped pluck several crew members off a 25-foot rubber life raft.

"It's one of the biggest seas I've ever been in. It was huge out there," Haba said.

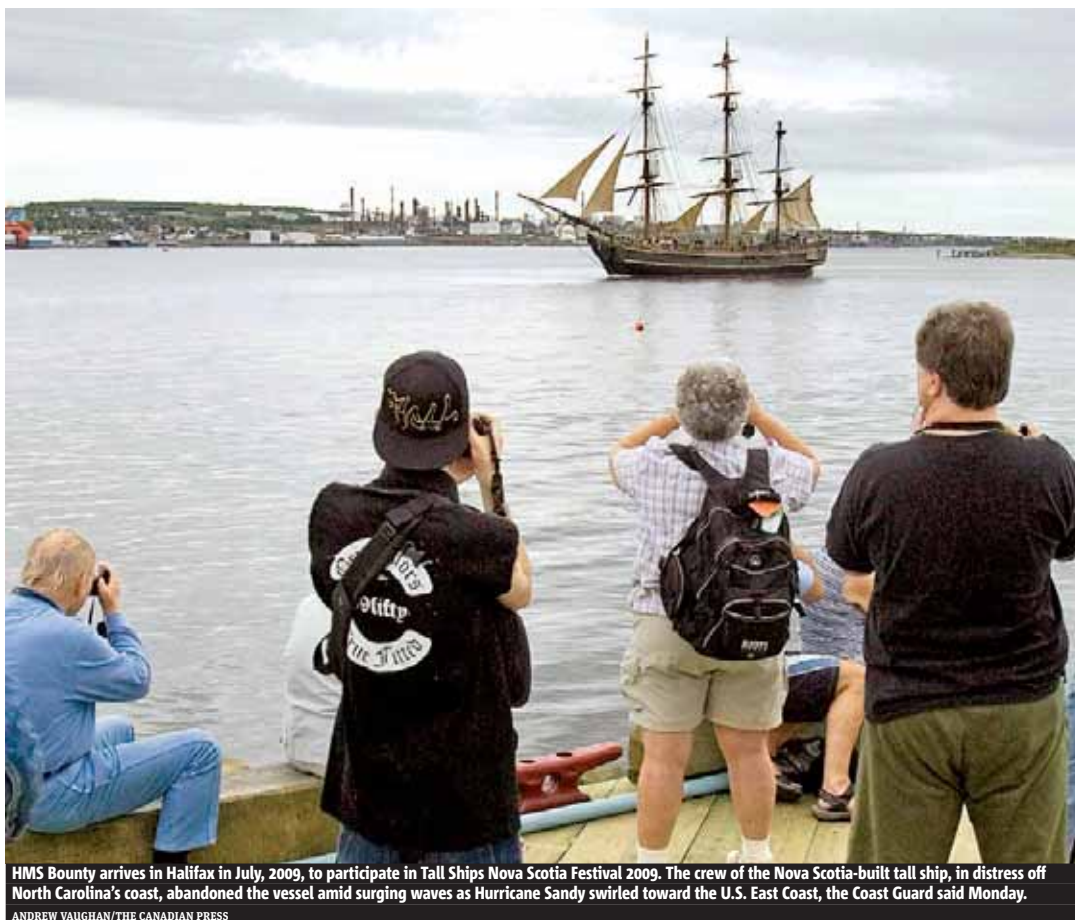
The Bounty — which was built at Smith and Ruhland Shipyard in Lunenburg, N.S. for the 1962 film "Mutiny on the Bounty" — had left Connecticut last week en route to Florida.

"They were staying in constant contact with the National Hurricane Center," said Tracie Simonin, the director of the HMS Bounty Organization. "They were trying to make it around the storm."

The Coast Guard received an emergency distress call from the Bounty Sunday evening.

Lunenburg Mayor Laurence Mahwinney called the incident a tragedy and Premier Darrell Dexter said he hoped all the ship's crew and their rescuers would make it home safely.

THE CANADIAN PRESS



HMS Bounty arrives in Halifax in July, 2009, to participate in Tall Ships Nova Scotia Festival 2009. The crew of the Nova Scotia-built tall ship, in distress off North Carolina's coast, abandoned the vessel amid surging waves as Hurricane Sandy swirled toward the U.S. East Coast, the Coast Guard said Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS



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Skye Halifax set to fall?

Violations of planning policies cited. Council to tackle controversial downtown development

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Regional council is set to debate the already much-debated Skye Halifax project today, and critics are lining up to weigh in.

A report from the city's design review committee recommends against amending current planning policies to allow construction of the twin towers on Granville Street — both of which would be more than double the permitted height.

Paul MacKinnon, executive director for the Downtown Halifax Business Commission, said he wants to see development in the core of the city — but not at the cost of breaking HRM by Design rules.

"We feel strongly about this," MacKinnon said, noting HRM by Design was created with significant public input. "Let's let the plan work."

The maximum height permitted for the site is 66 metres, and the Skye Halifax towers would reach 172 metres.

"It's such a massive change that we feel it would just create a great deal of uncertainty," MacKinnon said. "And we don't want to go back to that."



City staff and a municipal committee are recommending against allowing the Skye Halifax to proceed as proposed. CONTRIBUTED

MacKinnon said approving the current Skye Halifax plan will set a precedent for circumventing HRM by Design.

City staff are recommending rejecting the United Gulf project, and mayor-elect Mike Savage told News 95.7's Rick Howe he was not in favour of the proposal as it cur-

rently stands.

A report going to council from the design review committee highlights five violations of existing planning policies in the new proposal, including the violation of the Citadel rampart view requirements and of street and boundary setbacks.

Historic sign disappears

City officials seeking answers about Morse's Teas paint job

The city is trying to get answers from the Toronto-based developer who decided to paint over the historic Morse's Teas sign in downtown Halifax.

"We want to know why it was painted over and what the plans are for it; we don't have that yet," said HRM spokesperson Shaune MacKinlay.

Dozens of HRM residents took to Twitter over the weekend to vent their frustration over the disappearance of the logo that adorned one of the city's oldest buildings, located between Hollis and Lower Water streets.



The well-known logo on the Morse's Teas building has been painted over, and city officials say they're looking for answers. JEFF HARPER/METRO

The building, which is a designated heritage property, is owned by Starfish Properties. Owner Louis Reznick could not be reached for comment on Sunday and Monday.

MacKinlay said the city and Reznick had played a little phone tag on Monday, and she didn't believe he was trying to dodge municipal officials.

MacKinlay said restoration plans for the building were approved by the city a few years ago, but it did not approve a plan to paint over the sign.

MacKinlay said the repainting might be part of a restoration process.

"We want to give him the benefit of the doubt."

She couldn't predict if Reznick might be facing a fine, given there's no precedent similar to it.

"It's hard to know what the implications might be," she said. "We'd have to take some time to look into it."

ANDREW RANKIN/METRO

Purcell's Cove residents call HRM study 'irrelevant'

Water, sewer services.
Locals united against possible development

HALEY RYAN
halifax@metronews.ca

The meeting room at the Captain William Spry Community Centre was festooned with yellow slips of paper stuck to maps of Purcell's Cove Monday night.

Each Post-It note bore unique handwriting, but similar messages.

"Don't spoil our community," "No to development," "No services are needed," they read.

Nearly 200 people gave a resounding "no" during the public meeting when asked if they wanted water and sewer services extended into the Purcell's Cove and William's Lake area.

Gordon Smith of CBCL Limited, the company conducting a study for HRM on the feasibility of the services, hosted the open house.

"It's really early days," Smith said to the crowd. "We're not assuming any or all of this area can be developed."

Quoted

"The meeting sent an extremely crystal-clear message that the vast majority are against water and sewer, against development."

Resident Catherine McKinnon

Many people in the room questioned why the study was being done at all, with the vast majority saying they were happy with their current water systems.

"The study says it's being done according to our wishes, which has been proven wrong," said area resident Nancy Hunter. "If it goes ahead, I think it will really say that HRM is not democratic. That it is not run for the benefits of the citizens."

Stephen Adams, councillor for District 11, said if the majority of people don't want water service, "it's not going to happen."

He added that he has to discuss the meeting with his staff before he's prepared to recommend that the study be halted.

Bullying. Opposition blasts bullying provisions in update to Education Act

Legislation that would see all school staff in Nova Scotia report instances of bullying lacks concrete steps to ensure that the behaviour of bullies is changed, the province's opposition parties said Monday.

Education Minister Ramona Jennex introduced amendments to the Education Act that she said would better help her department track instances of bullying.

Jennex said while teachers are already reporting incidents of bullying, other staff such as custodians and bus drivers would be asked to do the same. "Schools are not just the

responsibility of the teachers and the principals, schools are the responsibility of everyone who works with students," she said.

The legislation contains no penalties if staff don't report bullying.

Liberal education critic Karen Casey said more supports are needed for school staff including giving them the ability to report inappropriate usage of devices such as cellphones to cellphone companies.

Progressive Conservative Leader Jamie Baillie also said little would change without



Education Minister Ramona Jennex METRO FILE

defining bullying and cyberbullying in law.

"Spell out the consequences to the bullies," said Baillie. "That would be the quickest way to start to change behaviour and yet the government is refusing to do even

that step."

But Jennex said sufficient penalties are already in place.

"At the criminal level, there are consequences already in place for harassment and harm," Jennex said.

THE CANADIAN PRESS

Hydroelectric project

Revised cost estimates coming for Muskrat Falls project

The government of Newfoundland and Labrador will release revised cost estimates for the proposed Muskrat Falls hydroelectric project on Tuesday.

When the government announced an agreement two years ago to proceed with the development, it estimated it would cost \$6.2 billion.

But Premier Kathy Dunderdale has recently said the updated cost estimates will be higher.

A news conference has been scheduled Tuesday in St. John's where the new costs and an analysis by Manitoba Hydro International will be

released.

Dunderdale's Progressive Conservative government is expected to decide later this year whether to approve the project.

By the numbers

\$6.2B

Estimated cost of the Muskrat Falls development two years ago.

But it is still trying to finalize a federal loan guarantee that could shave hundreds of millions of dollars in borrowing costs.

Critics of Muskrat Falls say the venture is too risky and the province should meet its power needs incrementally.

Dunderdale and Crown corporation Nalcor Energy say they've explored other options but are backing Muskrat Falls. THE CANADIAN PRESS

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Tweets over sheets. Social media more irresistible than sex, study shows

Not tonight, dear ... I'm on Facebook.

Well, it may not have come to that (as of yet), but a new study suggests social-media activity, such as checking tweets and email, trumps sex, as well as smoking and alcohol, in terms of sheer irresistibility.

The University of Chicago Booth School of Business, operating in Germany, used smartphone-based surveys to check the desires of 205 men and women, most of whom were college-aged, ABC News reported.

For one week, the phones buzzed seven times daily alerting the students to take a survey on the type, strength and timing of their desires (for sex and/or using social media) and their ability to resist them.

This meant they had to identify what the desire was and how strong it was. They also had to note if it conflicted with other desires and whether they decided to accept or resist the temptation.

While the desire for sex was stronger, the study subjects were more likely to cave in to the desire to use media, including email and social network-



A study has found that the desire to use social media trumps sexual desire. DAN KITWOOD/GETTY IMAGES

ing platforms like Facebook and Twitter, according to the study.

Wilhelm Hofmann, an assistant professor and lead author of the study, says because social media is readily accessible (unlike sex, for many), it's harder to turn down.

He added that it likely won over tobacco and alcohol, also on the list of desires, simply because social media is perceived as being cheaper.

TORSTAR NEWS SERVICE

Sensenberger has sights set on different spotlight

Unruly passenger. Wife of senator, an aspiring actress, doesn't want to be known as 'the crazy Air Canada lady'

As her face flashed across television screens throughout the Saskatoon airport's boarding area, Maygan Sensenberger slunk a little lower into her seat. An aspiring actress and model, she'd always dreamed of being famous. Just not like this.

All Sensenberger, 23, wanted to do was get home to Ottawa after pleading guilty to causing a disturbance on an Air Canada flight she took in August along with her 69-year-old husband, Liberal Sen. Rod Zimmer.

But her sensational case — she was accused at one point of threatening to kill her husband — had attracted intense media scrutiny and public interest.

The couple had been on the way to Saskatoon for Zimmer's mother's interment the night of the fateful flight. Neither

will discuss the details of precisely what happened.

Witnesses reported Zimmer was in medical distress and Sensenberger was equally distressed when she felt no one was giving him enough help.

Zimmer suggested the whole thing was his fault after he tried to convince her his health was fine.

So here she was now, sitting in the departure lounge, her face splashed on television. Total strangers were snapping cellphone photos.

"It gave me a taste of what travelling is going to be like," Sensenberger said during a recent interview in her husband's Senate office.

At first, Sensenberger planned to lie low for a while. But she quickly got bored.

She started sending out headshots, and soon landed roles in two consecutive independent films. She intends to keep at it, while learning to navigate Ottawa's political waters.

"I plan to be big," Sensenberger predicts. "It might take me 40 years, but I'm never going to stop." THE CANADIAN PRESS



Maygan Sensenberger during an interview on Parliament Hill, Thursday. The 23-year-old met 69-year-old Sen. Rod Zimmer in Toronto four years ago. Their age difference drew stares immediately. SEAN KILPATRICK/THE CANADIAN PRESS



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Real dangers.

Seemingly innocent flirtation leads to horror as predators find new tools to entrap girls

When a 14-year-old girl received a Facebook friend request from an older man she didn't know, she accepted it out of curiosity. It's a click

she will forever regret, leading to a brutal story that has repeated itself as sexual predators find new ways to exploit Indonesia's growing obsession with social media.

The junior-high student was quickly smitten by the man's smooth online flattery. They exchanged phone numbers, and his attention increased with rapid-fire texts. He convinced her to meet in a mall, and she found him just as charming

Predators on Facebook

"So far this year, 27 of the 129 children reported missing (in) Indonesia ... (were) abducted after meeting their captors on Facebook."

Merdeka Sirait, chairman of the National Commission for Child Protection
One of the 27 has been found dead

in person.

They agreed to meet again. After telling her mom she was going to visit a sick girlfriend on her way to church choir practice, she climbed into the man's minivan near her home in Depok, on the outskirts of Jakarta.

The 24-year-old man, who called himself Yogi, drove for an hour to the town of Bogor. He locked her in a small room inside a house with five others.

THE ASSOCIATED PRESS



In this Oct. 19 photo, Indonesian youths browse at a cafe. There are eight cases this month of girls being abducted. TATAN SYUFLANA/THE ASSOCIATED PRESS

Myanmar. Violence between Muslims and Buddhists raises concern

Survivors of ethnic clashes in western Myanmar lashed out at the government Monday for failing to prevent violence between Muslims and Buddhists that has displaced more than 28,000 people over the last week.

The crisis, which first began in June, has raised international concern and posed one of the biggest challenges yet to Myanmar's reformist President Thein Sein, who inherited power from a xenophobic military junta last year.

The latest violence between ethnic Rakhine Buddhists and Rohingya Muslims began Oct. 21 and has left at least 84 people dead and 129 injured, according to the government. Human-rights groups believe the true toll could be far higher.

"The authorities are not solving the problem and soldiers are not defending us," said Kyaw Myint, a Muslim man who took refuge at Thechaung camp, outside Sittwe. He fled his home in nearby Pauk-

Root cause

"We are helpless because the government is not dealing with the root of the problem."

Rakhine trader Maung Than Naing, 37

taw when it was torched Wednesday.

"I feel as though I am in hell," he said. "We have no one to take care of us, no place to go, and now no job to earn a living."

A 37-year-old Rakhine trader named Maung Than Naing, reached by phone in the village of Kyauktaw, also expressed anger over the government's handling of the violence. "We are helpless because the government is not dealing with the root of the problem," he said.

"We no longer want to live with the Muslims."

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People walk down a flooded street as superstorm Sandy moves up the coast on Monday in Atlantic City, N.J. Gov. Chris Christie's emergency declaration shut down the city's casinos and 30,000 residents were ordered to evacuate. MARIO TAMA/GETTY IMAGES

Welcome to Sandy land

Faster, stronger than expected. A Toronto woman is killed by flying debris as high winds whip the city

Superstorm Sandy slammed into the New Jersey coastline and hurled a record-breaking four-metre surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk and putting the presidential campaign on hold.

At least 10 deaths were blamed on the storm — they were in New Jersey, New York, Maryland, Pennsylvania and Connecticut. Police in Toronto said a woman was killed by a falling sign as high winds closed in on the city.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical, based on its shape and internal temperature. It still packed hurricane-force wind, and forecasters were

Labelling

“Nature doesn’t really give a darn what we call it.”

Chris Landsea, of the National Hurricane Center, on Sandy being a difficult storm to label because it began to lose its tropical characteristics as it hit shore

careful to say it remained every bit as dangerous to the 50 million people in its path.

The National Hurricane Center announced at 8 p.m. that Sandy had come ashore near Atlantic City. The sea surged a record of nearly four metres at the foot of Manhattan.

Sandy knocked out electricity to more than 1.5 million people and figured to upend life for tens of millions more. It smacked the boarded-up big cities of the northeast corridor, from Washington and Baltimore to Philadelphia, New York and Boston, with stinging rain and gusts of more than 135 km/h.

As it made its way toward land, it converged with a cold-weather system that turned

into a fearsome superstorm, a monstrous hybrid consisting not only of rain and high wind but of snow. Forecasters warned of six-metre waves bashing into the Chicago lakefront and up to 90 centimetres of snow in West Virginia.

Hundreds of thousands of people were under orders to move to higher ground. The storm knocked out electricity to more than a million people, and storm damage was projected at \$10 billion to \$20 billion, meaning it could prove to be one of the costliest natural disasters in U.S. history.

Water began pooling in rail yards and on highways near the Hudson River waterfront on Manhattan's far west side. On coastal Long Island, floodwaters swamped cars, downed trees and put neighbourhoods under water as beachfronts and fishing villages bore the brunt of the storm.

THE ASSOCIATED PRESS

FOR PHOTO GALLERIES AND THE LATEST STORM UPDATES, VISIT METRONEWS.CA



What should be added to BuzzFeed's Absolute Worst Things In The World list? A mangled umbrella. A pedestrian struggles with his in Baltimore on Monday. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Patients moved

Backup power lost at hospital

New York Mayor Michael Bloomberg said backup power was lost at New York University hospital on Monday night as the city worked to move people out.

The mayor delivered a news conference and said rain was tapering off in the city and the storm surge was expected to recede by midnight. The hospital complex is near the East River in an area of lower Manhattan.

Meanwhile, America's oldest nuclear power plant was on alert after waters from the colossal storm reached high levels.

Oyster Creek in Lacey Township, New Jersey, was already offline for regular maintenance before Sandy.

The Nuclear Regulatory Commission said an “unusual event” was declared around 7 p.m. when water reached a high level. The situation was upgraded less than two hours later to an “alert,” the second-lowest in a four-tiered warning system. Federal officials say all nuclear plants are still in safe condition.

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A blue Nissan X-Trail SUV is shown from a front-three-quarter view. The vehicle features a prominent chrome grille with the Nissan logo, large headlights, and fog lights. It has silver alloy wheels and a silver bumper. The background is a plain, light gray.



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Reagan National Airport in Arlington, Va., was nearly deserted as the leading edge of Hurricane Sandy moved across the nation's capital on Monday. WIN MCNAMEE/GETTY IMAGES

Sandy grounds flights worldwide

Stranded passengers.

Nearly 10,000 flights cancelled as major travel hubs across the globe feel effects of superstorm

Hurricane Sandy grounded thousands of flights in the U.S. northeast Monday and upended travel plans across the globe, stranding passengers from Hong Kong to Europe. The massive storm threatens to bring a near halt to air travel for at least two days in a key region for both domestic and international flights.

Major carriers such as American Airlines, United and Delta cancelled all flights into and out of three area airports in New York, the nation's busi-

Staying put

"The storm has such a wide swath and so many major airports are involved that it's going to take some time (to recover)."

Angela Gittens, director general of the Airports Council International

est airspace. According to the flight-tracking service FlightAware, nearly 10,000 flights had been cancelled for Monday and Tuesday, almost all related to the storm.

The cancellations have already surpassed those from last year's damaging Hurricane Irene. They're now on par with a major winter storm in early 2011, when 14,000 flights were scrapped over four days.

Delays rippled across the U.S., affecting travellers in cities such as San Francisco to Chicago. Disruptions spread to Europe and Asia, where airlines cancelled or delayed flights to New York and Washington from major travel hubs like London, Paris, Tokyo and Hong Kong.

Sandy slammed into the New Jersey coastline and hurled a record-breaking 13-foot surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

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President Obama puts campaign on hiatus

President Barack Obama departed the campaign trail on Monday, leaving Florida to Bill Clinton in order to head back to the U.S. capital as hurricane Sandy began its deadly assault on the most populous region in the country.

Obama left the Sunshine State to fly home as D.C. itself was feeling Sandy's wrath. Air Force One made a slightly rocky mid-morning landing at Andrews Air Force Base despite a series of dangerous squalls and increasingly powerful gusts

Waxing presidential

"I am not worried at this point about the impact on the election.... I'm worried about the impact on families"

U.S. President Barack Obama

assailing the capital region.

The president convened a meeting with his top advisers in the White House Situation Room soon after arriving back

in the American capital. He also scrapped his Tuesday events in other critical swing states in order to help oversee the federal response to Sandy.

Appearing at an impromptu news conference at the White House after that meeting, Obama was asked about the hurricane's impact on the campaign.

Mitt Romney, Obama's Republican rival for the White House, also scrubbed his campaign events until at least Wednesday. THE CANADIAN PRESS

Out-of-towners stranded in N.Y.C. as storm brews

As she sat at one of the few cafés still open in a soggy Times Square Monday, 24-year-old Calgary resident Alex Kingcott tried to look on the positive side.

"We have heard that the (David) Letterman show is going to go on ... we might go to that, but we all really look like drowned rats at this point," said Kingcott during a phone interview early Monday. The Late Show later announced it was going ahead without an audience, due to the threat from Sandy, which officially made landfall Monday.

Kingcott and friends journeyed to New York to take in a Broadway show Friday. They were somewhat aware of the threat posed by Sandy, but said it only became real when supplies from drug stores vanished and their nightly hotel room rate jumped from \$159 to \$390 Sunday.

Many New Yorkers evacuated over the weekend, fearing the worst from a storm that was projected to slam into heavy populated areas along the eastern U.S. coast before travelling north into Ontario.

"It was so strange, all the Starbucks closed yester-



Calgary publicist Alex Kingcott is seen in Times Square Monday ahead of the brunt of Sandy, which made landfall late Monday. COURTESY OF ALEX KINGCOTT

day afternoon ... the drug stores are almost completely cleaned out," said Kingcott, who planned to catch a West-Jet flight home Monday, but has now been indefinitely delayed. "This has all been a bit of rollercoaster."

Subway stations and airports in the area were shut down in advance of the storm. Back in Calgary, West-Jet spokesperson Jennifer Sandford reported 35 of the

airline's flights from Calgary International had been cancelled by 2:30 p.m., and all flights to New York City's LaGuardia airport had been suspended until at least Wednesday.

Calgary Airport Authority spokesperson Jody Moseley urged everyone travelling east to check their respective airline websites before heading to the airport.

METRO IN CALGARY

Deadly storm

Death toll continues to rise in Caribbean

Residents of Cuba's second-largest city, Santiago, remained without power or running water Monday, four days after Hurricane Sandy made landfall as the island's deadliest storm in seven years, ripping rooftops from homes and toppling power lines.

Across the Caribbean, the storm's death toll rose to 69, including 52 people in Haiti, 11 in Cuba, two in the Bahamas, two in the Dominican Republic, one in Jamaica and one in Puerto Rico.

Communist Party newspaper Granma reported there was "severe damage to housing, economic activity, fundamental public services and institutions of education, health and culture."

THE ASSOCIATED PRESS



Residents walk past branches and power lines felled by Hurricane Sandy in Santiago, Cuba. FRANKLIN REYES/THE ASSOCIATED PRESS

Some shows go on. Late-night hosts perform without audiences

David Letterman didn't get many laughs for his monologue Monday: The Late Show host told his jokes to a mostly empty Ed Sullivan Theater.

Jimmy Fallon taped Late Night without an audience, too, as Hurricane Sandy disrupted a wide swath of the New York area's bustling entertainment industry.

City officials said that all film permits for Monday and Tuesday were revoked because of the hurricane and associated safety precautions.

The Daily Show and The Colbert Report took Monday night off, and each of Broad-

way's 40 theatres will be dark through Tuesday.

The storm forced Focus Features to cancel the New York premiere of Anna Karenina, which was set for Tuesday. A studio spokeswoman said they will reschedule.

Concerts planned for New York and New Jersey were cancelled or postponed, including performances by Journey, comedian Louis C.K., and the Freedom to Love Now show featuring Rufus Wainwright and Fun, which is now set for spring of 2013.

THE ASSOCIATED PRESS



Jimmy Fallon with actress Sofia Vergara on Late Night With Jimmy Fallon. GETTY IMAGES FILE

China. Government gives in following protests of chemical-plant expansion

A victory by protesters against the expansion of a chemical plant proves the new rule in China: The authoritarian government is scared of middle class rebellion and will give in if the demonstrators' aims are limited and not openly political.

It's far from a revolution. China's nascent middle class, the product of the past decade's economic boom, is looking for better government, not a different one. They're especially concerned about issues like health, education and property values and often resist the growth-at-all-costs model Beijing has pushed.

The past week's chemical-plant protests reached an unruly crescendo over the weekend, when thousands of people marched through prosperous Ningbo city, clashing with police at times. The city government gave in Sunday and agreed to halt the plant's expansion.

Even so, the protesters did not back down, staying outside city government offices hours after the concession. About 200 protesters, many of them retirees, returned Monday to make sure the government keeps its



A worker walks past the entrance to the Sinopec Zhenhai petrochemical factory on Monday.

NG HAN GUAN/THE ASSOCIATED PRESS

word on the oil and ethylene refinery run by a subsidiary of Sinopec, the state-owned petrochemical giant.

"In yesterday's protest, the ordinary people let their voices be heard," a 40-year-old businessman who would give only his surname, Bao, said on the protest line Monday. Government officials, he said, "should say they are completely cancelling the project. They should state clearly that they will stop doing these projects in Ningbo and the rest of China."

THE ASSOCIATED PRESS

Victimization survey. Reported violent crime continues decline: FBI

The number of violent crimes reported to police across the U.S. decreased 3.8 per cent last year to 1.2 million, the fifth straight year of declines, the FBI announced Monday. That conflicts with new data from another measure of national crime, which showed that violent crimes jumped 18 per cent last year.

The FBI's crime reporting program is one of two statistical measures of crime levels issued by the Justice Depart-

ment.

The FBI program captures crimes that are reported to police. Historically, less than half of all crimes, including violent crimes, are reported to police.

The other measure, the national crime victimization survey, is designed to capture crime data whether it is reported to police or not. That survey is based on interviews of crime victims.

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France

Faulty-breast-implant maker released from jail

A Frenchman whose company made potentially faulty silicone breast implants used in several countries has been released from jail.

Jean-Claude Mas, who has been given preliminary manslaughter and money laundering charges over the implants, was released Monday from detention in Pontet in southern France.

THE ASSOCIATED PRESS

Breast cancer

Screenings can lead to over-treatment

Breast cancer screening for women over 50 saves lives, an independent panel in Britain has concluded, confirming findings in the U.S. But that screening comes with a cost: The review found that for every life saved, roughly three other women were over-diagnosed, meaning they were unnecessarily treated for a cancer that would never have threatened their lives.

THE ASSOCIATED PRESS



Framed by a car's windshield, Palestinians look at the damage following an Israeli air strike in the Bureij refugee camp, central Gaza Strip on Monday.

HATEM MOUSSA/THE ASSOCIATED PRESS

Israel arrests Hamas members in West Bank

Ramallah. Gaza militants fire rockets and mortars into Israel, triggering Israeli air strike

Israel's intelligence service has arrested dozens of Hamas members in the West Bank who had been setting up infrastructure for the militant Islamic group there, according to a statement Monday.

The Shin Bet said that 30 Hamas members were arrested near Ramallah, the West Bank's administrative centre. It said they were setting up a Hamas network in the West Bank and were relaying information to the overseas leaders

of the group, which is sworn to Israel's destruction. They were also setting up Hamas cells in West Bank schools, the statement said.

The statement said two of those arrested were involved in the murder of two Israeli soldiers by a Palestinian mob in 2000. The soldiers entered Ramallah by mistake and were taken to a police station, where they were tortured and then thrown out of a second-story window.

Hamas violently took over Gaza in 2007 in bloody street battles from the rival Palestinian group Fatah.

The Palestinian Authority, dominated by Fatah, has limited powers in the West Bank under Israel's overall security control and has launched its own crackdown against

Hamas.

Israel and much of the West deals with the Palestinian Authority, while shunning Hamas, labeling it a terror group due to its suicide bombings and other attacks on Israel that killed hundreds of civilians.

Also Monday, Israeli aircraft struck a Palestinian rocket launching pad and an unidentified militant activity site in the Gaza Strip, in response to persistent rocket and mortar fire from the coastal territory, the military said.

Gaza militants launched 21 rockets and mortars into southern Israel earlier in the day, according to the military's count. No casualties were reported on either side.

The hostilities threatened to undercut a brittle, informal

Warning leaflet

- Military aircraft dropped leaflets over Gaza warning Palestinians to stay away from the border fence with Israel or risk drawing fire.
- The leaflets also warned civilians not to cooperate with militants, dig smuggling tunnels or smuggle in weapons. Hamas police scooped up the leaflets, witnesses said.

truce that went into effect last week after the worst outbreak of violence between the two sides in months.

THE ASSOCIATED PRESS

Widespread bombing during Syria's ceasefire

Syrian fighter jets pounded rebel areas across the country on Monday with scores of air strikes that anti-regime activists called the most widespread bombing in a single day since Syria's troubles started 19 months ago.

The death toll for what was supposed to be a four-day ceasefire between the regime of President Bashar

al-Assad and rebels seeking his overthrow exceeded 500, and activists guessed the government's heavy reliance on air power reflected its inability to roll back rebel gains.

"The army is no longer able to make any progress on the ground so it is resorting to this style," said activist Hisham Nijim via Skype from the northern

town of Khan Sheikhou.

Activists said more than 80 people were killed nationwide Monday while videos posted online showed fighter jets screaming over Syrian towns, mushroom clouds rising from neighbourhoods and residents searching the remains of damaged and collapsed buildings for bodies.

THE ASSOCIATED PRESS



Syrian citizens gather next to cars that were destroyed by a car bomb in Damascus on Monday.

SANA/THE ASSOCIATED PRESS

CMA Journal calls for mandatory flu shots for health workers

Canadian Medical Association. Journal says health-care workers should be mandated to have a flu shot to protect the frail

The Canadian Medical Association Journal has added its voice to calls for mandatory flu shots for health-care workers.

In an editorial published in this week's issue, the journal said hospital workers ought to be vaccinated to safeguard frail, elderly patients whose immune systems are so weakened they don't get much protection from a flu shot themselves.

"We would like individual hospitals to think about taking the initiative," said Dr. Ken Flegel, senior associate editor and a general internal medicine specialist at Montreal's McGill University Health Centre.

Flegel acknowledged there



A Mississippi health employee, left, is given a flu vaccine in October.
AP-ROGELIO V. SOLIS/THE CANADIAN PRESS

will likely be pushback from health-care workers, the majority of whom do not get a flu shot.

"I don't want anyone to make me do something I don't believe in or I don't agree to do to my body," he said. "I think that's a sort of fundamental right. On the other hand, I think the hospital has to say, 'That's fine by us but don't come near our patients because you're a hazard to our patients.'"

In recent years there has been a growing movement

towards requiring health-care workers to take a flu shot.

Earlier this year British Columbia became the first Canadian jurisdiction to require health-care workers to be vaccinated against the flu. The B.C. policy applies to hospital workers, staff of long-term care homes and community-based health-care workers. It does not cover doctors in private practice. Health workers who forgo a shot will have to wear a mask from Dec. 1 to March 31.

THE CANADIAN PRESS



Gen. Walt Natynczyk retires

Outgoing Chief of Defence Staff Gen. Walter Natynczyk applauds the audience during his speech at the Change of Command ceremony in Ottawa, Monday. General Tom Lawson takes over command.

ADRIAN WYLD/THE CANADIAN PRESS

Convicted killer. Cold-blooded murder in a shared jail cell

A convicted serial killer who methodically strangled a fellow inmate to death in their shared cell has placed blame on the federal corrections system for transferring him out of a higher-security prison.

During a police interview played at a coroner's inquest Monday, Michael McGray, 45, described in vivid detail how he planned and then killed 33-year-old Jeremy Phillips in an Agassiz, B.C., prison in November 2010 as part of a fake hostage-taking scenario.

"I don't know why they made the mistake of putting me here. I'm not a 'medium' inmate," McGray told a pair of homicide investigators the day after the crime.

"We didn't have a beef... This was all about me, it wasn't about him."

McGray was a six-time convicted serial killer from Eastern Canada.

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DON'T
Absolutely don't try any of these when it comes to your Halloween costume:

1. **Be a racist.** At the Campbellford Royal Canadian Legion hall in 2010, one man went as a Ku Klux Klan member and another went in blackface, wearing a noose. They won "best costume." The president of the legion, who was not at the event, later issued an apology.
2. **Be a Nazi.** In 2005, Prince Harry dressed up as a Nazi at a costume party. It's not any more appropriate at Halloween.



GETTY IMAGES FILE

3. **Go naked.** It's probably also a bad idea to "dress up" as Prince Harry in Vegas — at least if you plan on going out in public.
4. **Be a perv.** Some pre-made Halloween costumes are truly atrocious. "Dr. Howie Feltersnatch, gynecologist" may give you a giggle when you read his name tag — but not everyone's going to laugh.
5. **Go in blackface.** At a homecoming pep rally in Waverly, N.Y., this fall, three white students put on blackface and re-enacted Chris Brown beating Rihanna. Neither blackface nor domestic abuse make for great Halloween costumes.
6. **Be a "Happy priest" or "Sexy nun."** Package costumes for women that take religious figures and make them "sexy" for women and add a fake erection for men are bound to offend.

Not everyone will find a sexy nun costume funny.

ISTOCK



Halloween lights up retailers' eyes, too

Sweet deal. Trick-or-treat spending expected to top out at \$1.5 billion this year



JESSICA SMITH
Metro in Toronto

There are almost 3.8 million kids of prime trick-or-treating age in Canada this year and families are spending enough on candy to give them all a killer sugar high, according to Statistics Canada.

Canadians are expected to spend \$1.5 billion on Halloween-related purchases again this year, as they did in 2011, according to Consolidated Credit Counseling Services of Canada.

Candy, confectionery and snack food sales skyrocket every October, according



Roughly \$16.7 million worth of pumpkins were produced in Canada last year, according to Statistics Canada.

TORSTAR NEWS SERVICE FILE

to Statistics Canada, which publishes a list of Halloween statistics every year. Sales totaled \$355.9 million in October 2011, almost \$80 million higher than the average month of sales that year.

Even pumpkins play a significant role in the Canadian economy in the fall, with

\$16.7 million worth produced in Canada last year, according to Statistics Canada.

According to the Bank of Montreal, Halloween is helping Canadians boost retail spending higher this year than last.

"Retailers have enjoyed some growth despite a chal-

lenging economy and mixed signals from consumers throughout this year. We expect retail sales for the month of October to be up slightly more than 2 per cent from a year ago for a total of \$39.5 billion," said Doug Porter, Deputy Chief Economist, BMO Capital Markets.

By the numbers

\$75

In a poll conducted in September, the Retail Council of Canada found Canadian households with children plan to spend an average of \$75 on Halloween purchases this year.

\$24

The study found people who live alone intend to spend an average of \$24.

75-100%

Half of the people polled said they plan to spend 75 to 100 per cent of their budget on candy.

DO

Try out one of these great #lastminutecostume suggestions from Metro readers:

- @rangina told us she bought \$2 eyeliner to become "the woman who tattooed DRAKE on her forehead." A woman from L.A. did just that in 2011 and the photos of her real, permanent tattoo went viral.



- For the less controversial, try @mlo10's suggestion. She tweeted, "@metro-toronto paperbag princess! Inside out leaf bag, rope, and a tiara."



Michelle Janzso tweeted this photo of her Paper Bag Princess costume. CONTRIBUTED

- The politically inclined can be Clint Eastwood at the Republican Convention. Wear a suit, bring a chair. That way if you end up alone at the party, you still have someone to talk to.



Popping on costumes of pop culture icons most popular way to celebrate

Masks of American presidents flew off the shelves of a popular Toronto costume shop this year — but prime minister masks are harder to find.

Malabar, a theatrical costume and dance shop, was so packed with costume hunters on the weekend before Halloween they hired security, which controlled a lineup that went out to the street.

Alana Sambey, a dancewear expert who becomes a Halloween costume expert every fall, said the store's elaborate masks are always popular.

"There's always political stuff, they want Obama or Bush — he's really popular — and (Bill) Clinton," she said. "They sold out pretty fast."

Customers often ask for Canadian politician masks — especially of Stephen Harper — but the store hasn't found a manufacturer that makes them, she said.

This year's most popular costumes are Catwoman and Bane from the Dark Night Rises, Sambey said. Superheroes of all kinds — from the current movies or timeless comics — are always popular, she said.

"People come in looking to be inspired," she said. "But I love when people are making their own costumes. When they say they're looking for this and this, and avoid buying a packaged costume, I love helping them out."

JESSICA SMITH/METRO
IN TORONTO



Dancewear expert Alana Sambey holds up a Bane costume at Malabar on Monday morning. JESSICA SMITH/METRO IN TORONTO



U.S. presidents — Obama, Clinton and Bush — remain a popular costume choice north of the border. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS: GETTY IMAGES FILES

Going out in Gangnam Style

Psy says he'll be dressing his best this Halloween because his fans from around the world will be dressing up as him.

The South Korean rapper of Gangnam Style fame, whose real name is Park Jae-sang, went on Reddit last week to answer questions from fans on everything from how he and his family are handling his speedy rise to global fame to what he'll be wearing on Oct. 31.

"I heard my costume is costume of the year, so this Halloween I gotta dress more classy, as classy as possible," he wrote, adding that South Korea doesn't celebrate Halloween.

Psy will be performing for the first time in Canada Tuesday night at the Kool Haus in Toronto, as part of a promotion for Samsung. The first 25 people at the door with a Galaxy device and the best five Psy impersonators will be let in, but all of the other tickets have been given away, according to the phone company.

If dressing up as Psy and the other characters from Gangnam Style proves to be as popular as the music video, there may be millions of Psy Oppa's out tomorrow night. Good thing there are a number of looks to chose from.

Playground/Beach Psy:

You'll need: Pink shorts, white collared shirt, orange ascot or silk scarf, tortoiseshell sunglasses, and glass of cola to spit everywhere.



Psy in the stables:

You'll need: A black suit or tux, black shirt, white bow tie, black shades, black and white oxfords, a talent for horse dancing.



Garbage Psy:

You'll need: A blue blazer, black shades, black pants, white shirt, black bow tie and some friends who are willing to throw garbage at you.



Psy in the sauna:

You'll need: A blue towel, black shades and little modesty.



Gangnam Girl:

You'll need: A flowing white shirt, white socks and sandals, and sparkly shorts (or shorts, sequins and a glue gun).



Yelling at yoga butt Psy:

Adventurous couples will need: Black suit jacket, black shades, black bow tie, khakis, a white sleeveless shirt and yoga gear.



Nong Chul and Psy in the elevator:

To be comedian Nong Chul you'll need: Straw hat, lime green T-shirt and a hole punch, white shorts and some fabric pens, construction paper, glue and a necklace chain, black sandals.

To be Psy you'll need: A black suit, black bow tie, black shades and a healthy level of comfort with the friend who is going as Chul.



Sandy's economic forecast: Plenty of short-term pain

Weathering the storm.

Despite current havoc, hurricane's effect on overall growth will be offset by reconstruction

Airlines cancelled thousands of flights and stranded travellers. Insurers braced for damages of up to \$5 billion US. Retailers expected shrunken sales.

Hurricane Sandy is causing disruptions for companies, travellers and consumers. But for the overall economy, damage from the storm will likely be limited. And any economic growth lost to the storm in the short run will likely be restored once reconstruction begins, analysts say.

Preliminary estimates are that damage will range between \$10 billion US and \$20 billion US. That could top last year's Hurricane Irene, which cost \$15.8 billion US.

If so, Hurricane Sandy



A woman carries bags back to her car after visiting a storm-proofed grocery store — which boarded its windows, but stayed open for business — in Sayville, N.Y., on Monday ahead of Hurricane Sandy. The superstorm assaulted the U.S. East Coast Monday, forcing the shutdown of mass transit, schools and financial markets, sending coastal residents fleeing, and threatening a dangerous mix of high winds and soaking rain. JASON DECROW/THE ASSOCIATED PRESS

would be among the 10 most costly hurricanes in U.S. history. But it would still be far below the worst — Hurricane Katrina, which cost \$108 billion US and caused 1,200 deaths in 2005.

"Assuming the storm simply disrupts things for a few days and it doesn't do significant damage to infrastructure, then I don't think it will have a significant national impact," Mark Zandi, chief economist

at Moody's Analytics, said Monday. The economic impact could be more severe if the storm damages a port or a major manufacturing facility such as an oil refinery, Zandi noted.

THE ASSOCIATED PRESS

Financial markets

Storm surges into earnings season

A number of major U.S. companies postponed quarterly earnings reports scheduled for Monday and Tuesday, as Hurricane Sandy barreled into the U.S. East Coast and caused the first unplanned shutdown of financial markets since Sept. 11, 2001.

The New York Stock Exchange, Nasdaq and CME Group in Chicago closed Monday. The last time the NYSE closed for a weather event was in 1985, when Hurricane Gloria hit the East Coast.

Stock trading will be closed in the U.S. for a second day Tuesday as the hurricane moves inland.

THE ASSOCIATED PRESS

Budget officer. Slower growth could take \$22B bite out of economy

Canada's budget watchdog says slower growth will sap about \$22 billion annually from the country's economy.

Parliamentary Budget Officer Kevin Page says in a new report that he anticipates economic growth will brake to an annual rate of 1.6 per cent in the second half of this year, after slowing to 1.8 per cent in the first half.

He's not much more optimistic going forward, forecasting tepid growth rates of 1.5 per cent in 2013 and two per cent in 2014. That's at the bottom of most economic forecasts and well below the Bank of Canada's projections of growth rates of 2.2 per cent in 2012 and 2.3 and 2.4 per cent in the two years after that.

The PBO says the removal of government stimulus has robbed about one percentage point of growth from the economy. At the weaker levels, the PBO says Canada's nominal gross domestic product, from which Ottawa derives tax revenues, will be \$22 billion lower annually. THE CANADIAN PRESS

In coffee wars, McDonald's wants piece of daily grind

McDonald's will launch take-home ground coffee on Nov. 5, a product that will be exclusively available in Canada.

Each bag is priced at \$6.99 for 340 grams, in a shot aimed at the chain's biggest competitors, Tim Hortons and Starbucks. "They're very successful companies and they've got great connections with consumers," said John Betts, president and chief executive of McDonald's Canada. "We had to do something dramatic."

In some respects, it's the evolving at-home coffee market that serves up the most



McDonald's will start selling bags of ground coffee at its restaurants in Canada on Nov. 5. McDONALD'S

potential for growth. Coffee drinkers average two cups per

day and two-thirds of them are brewing some of their drinks at home, according to a report by the NPD Group released in July. More than a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year, and the same percentage stated they now consume the beverage less when they're out.

Betts said McDonald's is keeping its offerings simple for now. The restaurant has decided to sell only bagged coffee, and stay away from the single-cup market.

THE CANADIAN PRESS

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BIG DOWNTOWN DAY

DOWNTOWN HALIFAX

Online payments

PayPal eliminates 325 positions

PayPal says it is cutting 325 full-time jobs in a move to streamline the business. The company, a unit of eBay Inc., also said Monday that it is ending jobs with about 120 independent contractors worldwide.

PayPal had 3,200 workers before Monday's cuts. The company says the reductions are primarily in PayPal's product and technology organizations.

THE ASSOCIATED PRESS

Holiday rush

UPS says volume record will fall

UPS expects to deliver 527 million packages between U.S. Thanksgiving and Christmas this year, surpassing last year's record high by 10 per cent.

The company estimates 28 million of those will be delivered on Thursday, Dec. 20 — projected to be the busiest day of the year. That's nearly double what the U.S.-based firm moves on an average day.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
99.92¢ (-0.28¢)

TSX
12,312.75 (+12.45)

OIL
\$85.54 US (-\$0.74)

GOLD
\$1,708.70 US (-\$3.20)

Natural gas: \$3.471 US (+7.1¢)
Dow Jones: Closed due to storm

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ON CONTENTIOUS COMMAS AND THE IMPORTANCE OF GRAMMAR



**SHE
SAYS...**
Jessica Napier
metronews.ca

I went to a party a few months ago with a number of friends including a fellow writer. In true nerdy, English-loving fashion, we spent half the night discussing our stance on a common gram-

matical debate: the serial comma. She was for, I was against; it got quite ugly.

Those who are passionate about punctuation will understand the dispute regarding whether or not a comma needs to precede the final item in a list.

Language 101

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of *The Elements of Style*?

ish are far more likely to use the serial comma than their North American counterparts.

Are you bored yet?

Grammar lessons are something we all vaguely recall from our grade-school days: chalkboards filled with dull rules about comma splicing and guidelines for capitalizing nouns. Many of these lessons have been forgotten in an age of auto-corrected predictive texting and Internet speak, TBTH.

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of *The Elements of Style*?

There are still some folk who relish in grammatical nitpicking, but no one really likes those condescending know-it-alls who make a habit of correcting you when you use "who" instead of "whom" and roll their eyes at dangling modifiers.

But, while it might be dry, learning how to use the correct linguistic tools and conventions can also be a very empowering thing. Grammar gives you the power to say the things you want to say the way you intend to say them.

Totalling 448 pages, *The Canadian Press Stylebook* is a little impractical to carry around with you, but online sites like Grammar Girl are excellent resources for the grammatically challenged. Writer Mignon Fogarty offers brief tips, and answers questions about common grammatical mistakes or confusions such as the difference between affect and effect and when to use i.e. instead of e.g.

Grammar isn't sexy or exciting, but it can help transform passive sentences into active statements and give us more control over the way we communicate with one another.



Be not afraid of grade-school-grammar-lesson flashbacks. ISTOCK

That's using one's head



ANITA MARIC/NEWMTEAM

Human feat

No headache for extreme balancer

This chap needs to be level-headed to do this stunt.

British grandad John Evans balances

a 90-kilogram cement mixer on his head at a charity show near the English city of Derby.

Evans, 65, first discovered his talent in the 1960s when, as a labourer, he would stack 24 bricks on a floorboard and balance it on his head as he climbed up and down ladders. **METRO**

Q & A

'Strongest neck in the world'

The Guinness World Record holder from the town of Ilkeston, England, spoke to Metro.

How did you balance this hefty-looking thing?

First, a forklift hoists the mixer above my head. Then the lift lowers and places it on top of my head and I start walking backwards about three metres away from the forklift, while holding the plywood on top. Slowly I let go and balance it for a minimum of 10 seconds, before returning to the lift.

Have you had an accident before?

Never. Since I started this over 20 years ago, I have built up the bones and muscles in my neck. I have the strongest neck in the world — I don't think anyone else can do these extreme balancing acts.

The most difficult was balancing a Mini Cooper car, because if it were to fall I wouldn't have time to jump out of the way — the car would crush me!

So no health scares?

Well, my neck has shrunk a bit! I weigh over 130 kilograms myself, (am) diabetic and have one eye, so it's quite remarkable that I can do this sort of thing.

Balancing act

He must be headstrong

Twenty years after his first balancing act as a labourer, he started putting heavy objects on his head for entertainment.

Now, he has 33 Guinness

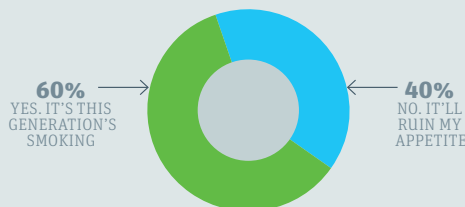
World Records, has travelled the world showing off his talent, and has appeared on *The Tonight Show* with Jay Leno.

"No one else in the world can do what I do," he said while holding a homemade Tardis (phone booth) on his head during his most recent stunt. **METRO**



Register at metropolitanpanel.ca and take the quick poll

Should junk food carry warning labels?



Twitter

@nadine_haddad: Halifax friends. You have not experienced fog like nfld. be thankful.

@SeanGMC: Really though, how is Halifax not getting absolutely pummeled by this storm?

@JWalker400: Rather than preparing for the hurricane I'm listening to hurricane- and Sandy-related songs

#Halifax #HurricaneSandy

@Kagamihanei: On the awesome list, crossing guards who fist pump you for making the light in the last six seconds #Halifax

@dianamchard: You know, Halifax, you've got it pretty good if the biggest complaint you have right now is the painting over of the Morse Tea sign.

DVD review



Alfred Hitchcock: The Masterpiece Collection

Director, Alfred Hitchcock

Trying to figure out the logic behind any Alfred Hitchcock DVD boxed set can be as suspenseful as one of the master shocker's films. Alfred Hitchcock: The Masterpiece Collection isn't all that different from the similarly titled set released in 2005, except for two important things. It's now in the high-definition Blu-ray format, and it includes North by Northwest, curiously missing from the first release. These two things make this a masterpiece collection worthy of the name, even if we might lament the continuing MIA status of Notorious, Strangers on a Train and Dial M for Murder. This one does a solid job of canvassing a six-decade career that began with silence in the 1920s and continued through "the talkies" and technicolour, up to the studio system's demise in the 1970s. Three films are from the 1940s (Saboteur, Shadow of a Doubt, Rope), five from the '50s (Rear Window, The Trouble With Harry, The Man Who Knew Too Much, Vertigo, North by Northwest), five from the '60s (Psycho, The Birds, Marnie, Torn Curtain, Topaz) and two are from the '70s (Frenzy, Family Plot). Most of the man's best work is here, including Vertigo, recently voted the greatest film of all time by Sight & Sound's poll of critics.

PETER HOWELL



Jim Breuer is just one of the comedians taking part in the Just For Laughs Relationship tour. GETTY IMAGES

Breuer hits the road

Just For Laughs tour. Relationships tour has former SNL funnyman join up with a handful of other comedians for shows across Canada

MARK
BRESLIN
scene@metronews.ca

Saturday Night Live alum Jim Breuer is among the comedians touring the country this month as part of Just For Laughs' relationship-based comedy tour. The tour, which runs through Nov. 25, also features John Heffron, Debra DiGiovanni, Tom Papa and Godfrey. Metro recently had the opportunity to chat with Breuer about marriage, rock 'n' roll and who is the biggest partier on the tour.

I'm looking at your official 8-x-10 and I can see that you're sporting some serious

man cleavage. Now, is this the image of a family man with a wife and three daughters? You have a sexy, come hither kind of look in your eyes. Yes, I kind of look a little buff — the "I think I'm still kind of cool and I want chicks to think I'm cool and hot" look. I don't think comics ever let that go. I think this was a year ago, a year and a half ago this picture was taken. I was in the best shape of my life and I think we were using the 8-x-10 for some TV or film we were trying to get.

What does your wife think of that picture? Does she approve?

My wife thinks that's a good picture. But I do have to take a new one where I'm in a suit. The other one that people used was this green corny shirt and I looked soft, I can't stand that picture. But with this one I wanted something a little more edgy, just a little "not sure what you're going to get from this guy"

Speaking of "edgy," how hard is it to reconcile your heavy metal comedy tour with your current relationship material? Well, I usually open up with 10 minutes of being a heavy metal dad. And going to see concerts at my age, which is absolutely impossible. Now, what you just touched upon is that I did some heavy metal comedy last year as part of the Metallica thing in Germany — a couple of dates in the north east, and it confused audiences. Young people came and flipped out and lost it! Some people thought they were coming to see Jim Breuer just doing standup. So they were decked out for the night and wondering why they were there to see a rock concert. It made me realize I have to completely separate the two.

Sounds like you miss the rock n' roll stuff.

As soon as I'm done with the Canadian tour, I'm going to work for a New York show which is just a hard rock

Get your laughs...

To find out when the tour starts dishing out relationship advice in your city, visit hahaha.com/comedytour

comedy show and we'll be on tour in 2013. We're in rock clubs and people clearly know you're not coming to sit down to watch a theatrical standup show.

You're touring on a relationship themed show with Deb DiGiovanni, Godfrey, and John Heffron. Which one of you is the wild one on the tour? I'm married with three kids so that stuff is behind me. But I've gotta say it's Godfrey. That man is wild!

You were on SNL for four years in the late '90s. Who were your favourite co-stars on the cast?

I loved working with everyone, but if I had to pick one, I'd have to say Norm MacDonald.

The Walking Dead. Why we are obsessed with post-apocalyptic scenarios

The Walking Dead is one of the most popular shows on TV. Its season premiere this month saw 10.1 million viewers — 15.2 million if you include the two encores that ran the same evening. What makes this show about zombies so popular?

"It really puts viewers into a moral dilemma," says Murali Balaji, assistant professor of media studies and production at Temple University in Philadelphia.

"People wonder what would they do if they were in such an extreme situation."

Balaji, who teaches courses in both media theory and

popular culture, points out that it's not actually the zombies who are the most dangerous enemies. "What's interesting is that the survivors view fellow survivors as suspiciously, or even more suspiciously, as the zombies themselves," he says.

"There's a line from the graphic novel that the show is based on: 'It's not the dead I fear, it's the living.' That resonates with us — we all struggle with dilemmas of trust."

Zombie stories have been increasingly popular during the past 10 years, which may reflect our end-of-the-world fears.

"Whether it's bio-terrorism,

A seasonal affliction?

Our attraction to zombies may be heightened during the election season — seriously. "We're increasingly isolated from one another," says Balaji. "People become consumed in their own tribes, and more and more disconnected."

a disease outbreak or a nuclear accident, this is something that people could see happening," Balaji says.

JUDY WEIGHTMAN/MWN



Would you be more afraid of a zombie or fellow survivor? THE ASSOCIATED PRESS

2 SCENE



Joe Simpson ALL PHOTOS GETTY IMAGES

Gossip on the green: Joe playing with someone his own age?

The reports dogging Joe Simpson that he's recently come out of the closet to his family and has been carrying on an affair with a 21-year-old man appear to be effecting his golf game. According to Radar Online, Simpson didn't play with his usual partner at his weekly outing. "Everyone noticed that after reports surfaced that Joe was gay, he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older," a source tells the website. "Joe has always played golf at his swanky club MountainGate on Saturdays at 12:30 p.m. with a much younger, 20-something male, who isn't a member. Joe's

Fairway friends

Everyone noticed ... he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older.

A source speaking to Radar Online

golfing buddy is extremely good looking and Joe is very, very secretive about his identity. Joe never writes the guest's name on the sign-in sheet and never allows any other members to join in while they play golf, which is very, very odd."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kunis ain't carrying Kutcher's bundle of joy, but maybe soon?

Mila Kunis' rep insists that the actress is not pregnant with boyfriend Ashton Kutcher's child despite photos from a recent out-

ing that appear to show the actress sporting a growing baby bump, according to the Daily Mail. "She is not expecting," her rep tells the newspaper. But that doesn't mean motherhood is out of the question for the Friends with Benefits star, who expressed her desire to be a parent earlier this year in an interview with Glamour. "I do want a family. I'd rather be in love and have a baby than a movie," she said.



Justin Bieber

Biebs likes his body art: More tats for popstar teen

Justin Bieber has added yet another tattoo to his growing collection of body art. The pop star posted a photo to Instagram over the weekend showing off an owl inked on his forearm. It's the

second tattoo the singer has added in less than two months, following a crown tattooed on his chest last month. The 18-year-old got his first tattoo — a bird silhouette on his hip — when he was 16.

Twitter



@EllenBarkin

Just a random question...do you think anyone has fallen in love over twitter? I mean aside from me, several times.



@JonahHill

I think I'm gonna be "Slutty Mitt Romney" for Halloween.



@kirstiealley

Note to women over 50 who are losing weight... don't get too damn skinny or you'll look like a spider monkey.. pleasantly lean is better..:)



@ConanOBrien

The best perk of being a celebrity? I'm allowed to use 141 characters in my tweets. No, I don't feel like proving it.

sushi + coffee + salad + burgers

Delicious Squared!

scotia square
ScotiaSquare.com

Keeping your little ghosts and goblins safe this Halloween

Trick-or-treat. New apps allow you to keep tabs on your kids without looking over their shoulder as they gather goodies

DOROTHY ROBINSON
Metro World News

You'd never let your child go to a stranger's house unattended any other time of year, so why should Halloween be any different?

Nancy A. McBride, the national safety director for the Center for Missing & Exploited Children in the U.S., says children should be accompanied by a parent or trusted adult and walked to the door by the parent to receive treats.

"Know the neighbourhood in which you plan to trick-or-treat. Pick houses that you feel comfortable letting your child visit. Do not visit homes that are isolated or poorly lit," she says.

Make sure your child is able to see and move easily in his or her costume.

"Consider having your child carry a flashlight so that they can see more easily and are easily seen," she notes.

And even if your child is old enough to go out without your supervision, always make sure he or she is in a group.

If you're still nervous, there are several tracking apps that can provide an extra layer of security to keep track of your children via cellphone without being intrusive.

The Snap Secure Geofence for Android sets a virtual boundary.

"If they stray from that



Pick houses your kids feel safe going to trick-or-treat. ISTOCK PHOTOS

Stay safe

Not only do you have to get your kid a costume, but you also have to make sure it won't hurt them. Here is some advice from the ACEP, a national medical specialty society in the U.S. representing emergency medicine. The society wants to make sure your kid stays out of the emergency room this Halloween.

- **Costumes.** Avoid costumes that could cause children to trip, such as baggy pants, long hems, high heels and oversized shoes. Also, make sure they don't obstruct the child's sight or vision and they are made out of flame-resistant materials, such as nylon or polyester.
- **Visible.** Add reflective tape to costumes so your child is more visible to motor vehicles, and avoid dark colours. Check accessories such as swords, knives, wands and other pointed objects. Make sure they are made from flexible materials and have dulled edges on all sides.

er of the app.

Their other app is the Snap Secure Family Locator.

"(It) lets you check in on their exact location at any time, in real-time, by using your own mobile device or web dashboard," he notes.

Finally, keep in mind there are different ways to celebrate the holiday that don't involve going to strangers' houses.

"I'm a big fan of organizing a home or community party as an alternative to trick-or-treating," says McBride.

perimeter, or don't return to a specified location within a

certain period of time, it automatically sends you an email

alert," says Jiren Parikh, CEO of Snap MyLife, the develop-

3 TIPS

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Obesity in fathers linked to infertility

Men's health. Overweight males produce less testosterone, which can affect sperm count and lead to erectile dysfunction

CELIA MILNE
life@metronews.ca

Obesity may be hurting you below the belt, guys.

If you and your mate are having trouble getting pregnant, the problem could be your weight.

"Obesity in men is associated with infertility," report physicians in Utah.

As obesity rates rise around the world, so does the prevalence of male infertility.

Obese men produce less testosterone, and also produce more of an enzyme in fat tissue called aromatase, which breaks down testosterone.

"The low testosterone can affect the sperm production and can result in erectile dysfunction. Both can result in reduced fertility in severely obese men," says Dr. Ahmad Hammoud, a physician in the division of reproductive endocrinology and infertility at University

Quote

"The low testosterone can affect the sperm production."

Dr. Ahmad Hammoud

A physician at the University of Utah in Salt Lake City.



Keeping your weight under control will help ease other health concerns, like infertility. ISTOCK PHOTOS

of Utah in Salt Lake City.

He has found in studies that even overweight men can have lower fertility and that, by and large, the higher a man's BMI, the lower his sperm count.

In Canada, 24.3 per cent of men are obese, and the rate has been rising steadily, according to Statistics Canada.

When couples can't get

pregnant, about 25 per cent to 30 per cent of cases are attributed to male factor infertility and another 30 per cent are attributed to both male and female factors, reports Dr. Hammoud in his new paper in *Seminars in Reproductive Medicine*.

Weight loss through eating properly and exercising regularly is seen as one possible solution.

Best Health

Pairing some dynamic food duos



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health, on newsstands now, we've included another installment of our popular article about foods that are even healthier when eaten together.

Pasta and Red Wine Vinegar

Make a pasta salad with vinaigrette dressing and bring it to work for lunch. The acetic acid in vinegar reduces the spike in blood sugar that



Pair tofu and leeks. ISTOCK PHOTOS

comes after eating carbs like pasta. Having steadier blood sugar reduces hunger pangs by helping you feel full, and it minimizes your risk of developing type 2 diabetes.

Tofu and Leeks

Make a vegetarian chili with tofu or tempeh, and lots of vegetables including leeks. Leeks, onions and garlic contain the prebiotic inulin,

and this combines with soy protein to reduce LDL (bad) cholesterol while raising HDL (good) cholesterol. This reduces the risk of clogged arteries and heart disease.

Chicken and Grapefruit

Make grilled chicken with a zesty grapefruit salsa. Chicken is a good dietary source of coenzyme Q10, which is vital for giving us energy (and it may help control blood pressure in people with hypertension). Grapefruit allows much better absorption of Q10.

To get the recipes for pasta salad, vegetarian chili and grapefruit salsa, see the latest issue of Best Health, on sale now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS

PROUD OF THEIR STORE

Windsor Home Furniture was recently honoured with the prestigious Proud of My Home Award.

The store was one of three Home Furniture stores honoured and was selected from more than 60 stores from across Canada. Proud of My Home Award recipients are recognized for achieving the highest standards in retail excellence.

For the people at Windsor Home Furniture, winning the award was a huge honour.

"My staff and I are honoured to receive this prestigious award," says Jeff Redden, the owner of Windsor Home Furniture. "Furniture is an integral part of making your house a home and we take great pride in providing our customers with a superb shopping experience, including top quality products at competitive prices and a knowledgeable and courteous staff who are always willing to go that extra mile."

Windsor Home Furniture is a 17,000-square-foot retailer selling furniture, electronics, appliances and even features an in-store art gallery, Gallery 1876.

To win the award, stores must meet a demanding set of criteria.

"To receive the Gold Star, stores must demonstrate excellence in staff performance and customer service," says a Home Hardware Stores Limited press release.

"The store's appearance also plays a role, with interior presentation judged on clear signing, tidiness, merchandise presentation and the attractiveness of their window displays. Staff training and active participation in important dealer network initiatives are also must-haves for any Home Furniture Gold Star candidate."

Home Hardware Stores Limited is 100 per cent Canadian owned and operated.



COMMUNITY MINDED

AT WINDSOR HOME FURNITURE

For the two years it has been in business, Windsor Home Furniture has quickly established itself as a must-visit furniture destination.

"I think that's due to the variety of furniture we offer," says manager Scott Woodman.

Special attention is paid to bring in furniture designs that aren't easily found elsewhere.

"We place a real emphasis on the types and styles of furniture we bring in," Woodman says.

With 17,000 square feet of retail space, it offers an expansive space to show off merchandise, which allows for better merchandising.

"We have rooms set up throughout the store, so you can visualize how every-

thing will look, right from the carpet to the end tables to the coffee tables," says Jeff Redden, the owner of Windsor Home Furniture.

In terms of sourcing its products, Windsor Home Furniture is able to get product to the store quickly as it comes from a distribution centre in Ontario. Windsor Home Furniture also focuses on offering Canadian-made furniture. Some of the Canadian lines it carries are Stylus Sofas, Brentwood Classics and Campio.

Another reason for the business's success is that it carries furniture covering all different price points, so there truly is something for everybody.

Perhaps most importantly, the exceptional staff is a large part of the business's success.

"We have a very experienced sales and service team that have been in the industry for a long time," Redden says. "We've only been in the industry for two years, but we have employees who have worked in

the business for 15 to 20 years."

When Windsor Home Furniture opened two years ago, it was filling a void in the market that had been left when a local furniture and appliance retailer went out of business. Many of the staff from this retailer ended up joining the soon-to-open Windsor Home Furniture.

One of the things customers appreciate about the staff is that they work in a non-commissioned sales environment, which leads to a relaxed shopping experience for the customer.

As a successful locally owned and operated business, Windsor Home Furniture operates with the vision that it should contribute to the success and enrichment of the community. To this end, it often holds special events where the proceeds are donated to worthy causes. This year alone, money from special events has gone to organizations such as a breast cancer survivor's group and a group for children undergoing chemotherapy treatments.

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Product styles may vary.

EXPERT ADVICE

DESIGN CENTRE STAFF OFFERS VALUABLE INSIGHT

Finding the right piece of furniture to put in one's space can often be a challenging task. For people looking for some assistance or a second opinion, Windsor Home Furniture's design centre offers valuable insight into the process.

"They will help you co-ordinate the look you want in your room, from paint to fabrics to placement," says Jeff Redden, the owner of Windsor Home Furniture.

The expert staff at the design centre is able to essentially offer an interior design consultation.

One of the best things about this consultation is that there is no charge if a person ends up making a purchase. Otherwise, a small fee is levied. The design centre staff



can do this either at one's home or in store.

With its 17,000 square feet of retail space, Windsor Home Furniture offers a great selection of products. But if the showroom doesn't have quite what the customer is looking for, there are also additional product catalogues to go through and hundreds of different fabrics from which to choose.

Being a sister business to the Windsor Home Hardware also benefits the furniture

purchasing customer.

"We tie in our paint department with our furniture," Redden says.

With every furniture purchase more than \$1,000, customers will receive a can of Home Hardware's Beauti-Tone series paint (in the customers preferred colour of choice, of course).

This is especially beneficial if somebody wants to purchase a piece of furniture that doesn't quite mesh with the existing

paint colour in one's home.

"Problem solved," Redden says.

The design centre is also able to help make purchases of custom furniture, such as sectional furniture made by Campio, an Ontario-based manufacturer.

With Campio, customers can design the sectional to meet their specific needs and be able to select the finer details, such as the type of arm on the couch, as well as the style of cushions.



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While the name may be Windsor Home Furniture, the retailer also carries a large selection of appliances.

"We're a Frigidaire appliance store," says manager Scott Woodman.

Whether it's a fridge, stove, washer, dryer, freezer, microwave or range hood, Windsor Home Furniture has you covered.

Given the sheer bulk of a lot of those items, it's reassuring to know that the locally owned and operated retailer makes multiple delivery trips to Metro for a nominal charge.

Another added bonus is that Windsor Home Furniture is an authorized Frigidaire service centre.

"We service what we sell," Woodman says.

In addition to Frigidaire, Windsor Home Furniture repairs all major makes and models of appliances.

These days, it is surprisingly common



for appliance retailers to not be an authorized service centre.

For people looking for smaller appliances, such as blenders, toasters and irons, Windsor Home Furniture's sister business, Windsor Home Hardware, carries all of those items, and more.

"You name it, they have it," Woodman says. "If they don't, we can get it."

Between Windsor Home Furniture and Windsor Home Hardware, they can outfit one's house top to bottom and side-to-side, from the colours on the walls to the types of flooring used.

For the kitchen, Windsor Home Hardware offers custom kitchen counters and cabinets through its Home Installs program.

"We have an on-staff designer who can do the designs of your dream kitchen," says Woodman.



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LOCAL WORKS OF ART

SELECTION IN GALLERY 1876 CHANGES OFTEN

One of the unique things about Windsor Home Furniture is its in-store art gallery, Gallery 1876.

This gallery displays the work of local Hants County artists and the selection changes every month or two.

Gallery 1876 even hosts opening receptions to showcase the works of art. At present, the gallery is featuring paintings by artist Susan Sweet, a graduate of



NSCAD University.

"Horses, cattle, still life and ... landscape are among my subject matter often connecting a fascination with our relationships with farm animals and the land they live on," is how Sweet describes her work on her website.

Scott Woodman, the manager for Windsor Home Furniture, says the feedback from patrons and artists alike has been fantastic for Gallery 1876.

Customers appreciate the opportunity to purchase original works of art by local artists, thereby helping support the local

economy. Meanwhile, artists appreciate the opportunity to have a venue where they can display their work.

"They're very pleased to have a place locally that displays their art and gives them the option to sell it if they wish," Woodman says.

Some of the featured artists for 2012 have included Don Burry, Donna Day, Ken Spearing, Greg Dickie and Dora Davis.

For Sweet's exhibit, there are approximately 20 pieces of art displayed. The number of pieces on display at any given time is not set.

THE LATEST AND GREATEST IN ELECTRONICS

The sophistication found in today's electronics is mind-boggling. Technologies that once seemed impossible are now commonplace. Take smart TVs as an example.

"You can surf the Internet right on your TV," says Windsor Home Furniture manager Scott Woodman. "You can use Facebook on your TV simply by tapping into your Wi-Fi."

When shopping for electronics, it's important to work with a knowledgeable sales staff who can advise you about the latest technology and how one can make use of it to get the most out of their entertainment experience.

At Windsor Home Furniture, its exceptional staff does just that.

Besides furniture and appliances, the retailer carries a great selection of electronics products from brands such as Panasonic, LG, Samsung, Pioneer, and Momentum.

Windsor Home Furniture is able to completely outfit one's home theatre set-up, right down to the wall mounts or stands, as well as the cables. Whether it's a TV, speaker system, receiver, DVD player, Blu-ray player or CD player, Windsor Home Furniture carries all of the above.

It also offers home installation of all these products, which helps make life

simpler for the end user who wants to ensure their home theatre system is installed correctly and without any hassle.

With the changing way people are listening to music, more and more people are using music devices (such as iPods) to listen to their music collections. Windsor Home Furniture carries the docks that work with iPods and iPhones to allow them to listen to their music at home.

Windsor Home Furniture is open seven days a week. On Monday to Friday, it is open from 8 a.m. to 8 p.m., while on Saturdays, it is open from 8 a.m. to 6 p.m. On Sundays, Windsor Home Furniture is open from noon to 5 p.m.

CELEBRATING MORE THAN 100 YEARS IN THE COMMUNITY

While Windsor Home Furniture is celebrating its two-year anniversary, Home Hardware's roots in the community date back much longer.

"We've been in the community for over 100 years," says owner Jeff Redden.

In 1876, a small hardware store called Wilcox Bros. Ltd. was established in the downtown core. It was at this location that Clarence Redden, a now retired dealer/owner of Windsor Home Hardware, spent much of his working career.

In 1960, Redden joined Jim Wilcox, the grandson of the original owner of Wilcox Bros Ltd., in ownership of the independent hardware store.

In 1975, the business joined the Home Hardware banner and became Windsor Home Hardware.

In 1996, Clarence Redden's son, Jeff, purchased the business.

A year later, Windsor Home Hardware moved to a new location, which was three times the size of the previous location and allowed for 9,800 square feet of retail space, as well as almost 2,000 square feet of space in the seasonal lawn and garden centre.

Three years ago, a redevelopment at the Ford Edward Mall allowed for all the businesses to have storefronts accessible from outside. This meant that Windsor Home Hardware now had 18,000 square feet of retail space.

At the same time, a local furniture and appliance retailer in Windsor had gone out of business and there was a void in the marketplace. The decision was made to open Windsor Home Furniture, a 17,000-square-foot space offering furniture, electronics and appliances.

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Tender chicken mingles with rice noodles & sesame sauce



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This stir-fry is outstanding with rice noodles, but it's also good over rice, couscous or linguini.

Chicken thighs are more tender and flavourful than the breast, but you can use either. Dipping the chicken in the soy and cornstarch mixture keeps it very moist.

1. For the chicken, place the diced chicken, soy sauce and cornstarch in a bowl; stir until well combined. Add oil to a non-stick wok and place over medium heat. Sauté the chicken for 4 minutes, until almost cooked. Remove from the pan and set aside. Wipe out the pan.

2. For the sauce, combine the stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

3. Cook the noodles in boiling water for 2 minutes or just until tender. Drain and set aside.

Ingredients

Chicken

- 1 lb boneless, skinless chicken thighs, diced
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 2 tsp vegetable oil

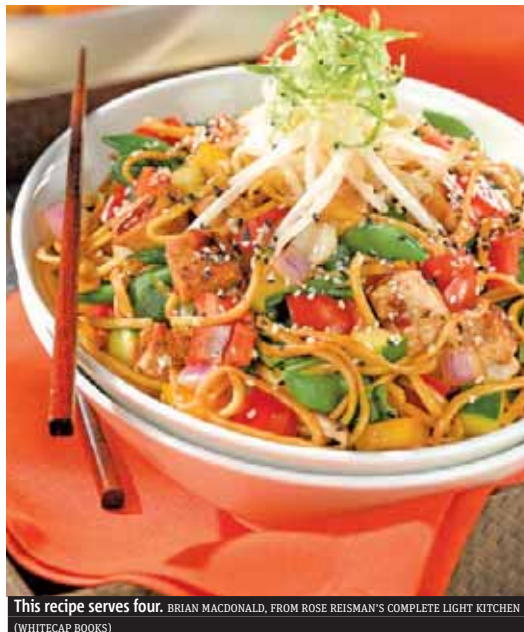
Sauce

- 1/2 cup chicken stock
- 2 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp molasses
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste

Base

- 6 oz medium rice noodles
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro
- 2 tsp sesame seeds, toasted
- fresh bean sprouts

4. Respray the wok with cooking oil and place over medium heat. When hot, add the bell peppers and peas. Sauté for 2 minutes, then stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with

cilantro or parsley and sesame seeds. Scatter bean sprouts over top. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Protein punch



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Are you getting enough protein? On average, adult women need about 46 grams and men need about 56 grams. (This average changes with your age, gender, size and activity level or nursing and pregnancy status.)

More isn't always better since your body can only make use of the exact amount it needs, and any extra can put a strain on your kidneys.

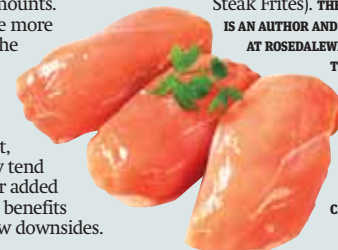
North Americans tend to get enough, so the burning question is: Do we get enough of the right source?

Here are protein sources and amounts. Choose more from the leaner end at the top of this list, as they tend to offer added health benefits and few downsides.

- 5 oz/30 g fish (mostly good fats)
- 1/2 cup/7 g beans (great for fibre)
- 1/2 cup/8.5 g edamame (soy beans)
- 2 tbsp/4 g almond butter (good fats and fibre)
- 3 oz/6 g extra firm tofu
- 2 oz/14 g cheddar cheese (but it contains 220 calories and 18 g fat)
- 5 oz/40-60 g of meat, chicken or pork (watch for saturated fat and cholesterol)

Most experts agree that it is better to vary the source and spread the yummy throughout the day rather than obtaining a big meaty wallop all in one go. (Sorry, Steak Frites). THERESA ALBERT

IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Gingersnaps steal spotlight in succulent sauce

Ingredients

- 1.25 kg (2 1/2 lb) skinless bone-in chicken drumsticks and thighs (9 or 10 pieces)

Brine

- 125 ml (1/2 cup) fancy molasses
- 30 ml (2 tbsp) liquid honey
- 30 ml (2 tbsp) each chopped fresh sage and thyme leaves
- 30 ml (2 tbsp) coarse sea salt
- 1 ml (1/4 tsp) pepper

Sauce

- 15 ml (1 tbsp) vegetable oil

- 1 large onion, finely diced
- 4 medium carrots, peeled and thinly sliced
- 2 cloves garlic, finely minced
- 375 ml (1 1/2 cups) sodium-reduced chicken broth
- 75 ml (1/3 cup) gingersnap cookie crumbs
- 30 ml (2 tbsp) apple cider vinegar
- 2 ml (1/2 tsp) each chopped fresh sage and thyme leaves
- 2 ml (1/2 tsp) pepper

1. Brine: Fit large resealable plastic bag in a large bowl. In separate bowl, combine molasses, honey, sage, thyme, salt, pepper and 500 ml (2 cups) cold water; pour into bag. Add chicken; seal and refrigerate for a minimum of 2 hours or up to 12 hours.

2. Discard brine; pat chicken dry with paper towel, leaving any chopped herbs clinging to chicken.

3. Sauce: In heavy-bottomed, non-stick skillet, heat oil

over medium heat; brown chicken on all sides, 5 minutes. Remove chicken to plate.

4. Add onion, carrots and garlic to pan, scraping up any browned bits. Cook, stirring often, for 3 minutes or until softened and veg start to brown.

5. Add chicken broth, gingersnap crumbs and vinegar, stirring to combine. Return chicken and any accumulated juices to pan. Mix in sage and thyme. Cover, reduce heat and simmer for about 15 minutes or until



This recipe serves four to six. THE CANADIAN PRESS/HANDOUT

juices run clear when chicken is pierced. Season with pepper

or to taste. THE CANADIAN PRESS/FOODLAND ONTARIO



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Sweet Movember – A charity booster and the reason I met my husband

More than just silly lip hair. Moustache month raises millions worldwide for men's health, but it also introduced me to the love of my life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

This time every year, I cringe as my husband waffles between growing friendly muttonchops or a pushbroom for Movember.

But I have to remind myself that growing a prickly 'stache is saving and changing lives. And in my case, bringing people together.

In 2007, I hadn't even heard of the Movember campaign — which raises money and awareness for men's health — and I was tasked with writing a story about this quirky fundraiser's first offi-



Kristen Thompson and husband Dylan showing off their 'staches on their wedding day. JENNIFER MOHER PHOTOGRAPHY

cial year in Canada.

A colleague happened to have a friend taking part in Movember, so he passed along his name and contact and I called him up.

That brief interview sparked a friendship that turned into a romance that, four

Movembers later, led us down the aisle.

We didn't forget the importance of Movember at our wedding this year, writing a "how we met" story in our wedding program that begins: "It all started with a hairy upper lip."

Wedding guests were also

Love's beginnings

"It all started with a hairy upper lip."

given moustaches on sticks for photo hilarity.

Since we met, Movember has grown into an inter-

national movement that's had nearly two million participants in dozens of countries around the world.

Last year alone, Mo Bros and Mo Sistas raised \$125.7 million for the cause, and helped bring greater awareness to male participants about the health risks they face.

The facts

Movember started in Melbourne, Australia in 2003 with 30 participants.

North American launch.

The campaign officially got going in Canada, the U.S. and the U.K. in 2007.

What it has become.

In 2011, more than 854,000 people in 14 countries took part in the campaign, where it officially obtained charity status in Canada. Last year alone it raised \$125 million and helped bring awareness about men's health risks

I admit it, I could do without a month of bristly kisses. I prefer seeing the Tom Selleck ON Tom Selleck. But really, it's worth it when I think about the fact that I only have to live through a month with his moustache, but get a lifetime with Dylan.

What happened to your nest-egg goal?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Are you looking back at your 2012 financial goals with a guilt-ridden pain in your stomach? Don't fret. If you want to end 2012 with a plan to really kick-start your net-worth growth, read on.

To grow your bottom line, you must reduce debt and build assets.

Step 1

Know where you stand financially so that you can create a plan to grow your bottom line. When you get home tonight, download your favourite net-worth tracking tool to determine what you own and owe. All major banks have free online calculators, but if you want to build your own, simply total up your assets and subtract your liabilities.

Step 2

This week, set a realistic net-worth goal for the remainder of 2012, 2013 and 2014.

For example, if your current bottom line is negative \$1,000, grow it to \$500 by year-end, and aim to have \$10,000 by 2014.

Step 3

If you don't start tracking your money, you'll lose it, so develop a budget this week.

According to author Thom-

as Stanley, the majority of self-made multi-millionaires keep meticulous budgets, even though they're rolling in dough. A terrific budgeting website is Mint.com, though you can download other free budgeting tools from any major bank.

Step 4

Next week, review your budget and look for ways to cut back unnecessary expenses. Think about your food and shopping habits and pay attention to the small expenses as they can add up to be quite substantial.

Step 5

Going forward. Before you spend your money on payday, prioritize saving and debt-reduction through automatic payments. Sign up for your company's retirement savings plan. Employers will often contribute free money. If your company doesn't have one, or even if they do and you want to save outside of their plan, sign up for an RRSP and TFSA.

Aim to tuck away 10 to 15 per cent of your salary. If that's too steep, start with less and grow your contributions every six months.

Step 6

Before Dec. 31, 2012, meet with a qualified financial advisor and develop a plan to achieve your goals. While building your bottom line, don't put yourself on a financial starvation diet.

You still need to enjoy life and all of its experiences, which often cost money. Take a balanced approach.

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Tuesday, October 30, 2012



The new Clayton Park Canada Games Centre features HRM's largest aquatic facility. TOM MASON/FOR METRO

No other neighbourhood like it

Location, location, location. New developments, shopping and entertainment are the main draws

TOM MASON
For Metro

The highlands past Fairview Cove were first settled a couple of years after Halifax was founded, by German settlers who were known as the Deutsch, or "Dutch" by the local inhabitants.

Today, the area that was

once known as "Dutch Village" now goes by the name of Fairview. Along with the neighbouring community of Clayton Park, it grew into its present boundaries in the post-war building boom that took over Halifax in the 1950s and '60s.

Clayton Park began as one of HRM's first planned neighbourhoods, a project that was

started in 1962 by Clayton Developments, a subsidiary of the Shaw Group. In a city that had become known for its love of the traditional, Clayton Park stood out from the start, with modern, asymmetric homes, flattened roofs, glass architecture and modern cladding materials.

With the electoral boundaries of HRM recently redrawn, newly re-elected regional Coun. Russell Walker has the responsibility for a much larger portion of the Clayton Park/Fairview area, including Birch Cove, Kear-

ney Lake, the lower portion of Clayton Park and Mount Saint Vincent University. Walker moved to the area in 1972 to teach at Clayton Park Junior High School and still believes it's the best place in HRM to live. "It's location, location, location, as simple as that," he says. "There's no other neighbourhood like it in the city."

The area's location at the edge of three major transportation routes — the Bedford Highway, the Bicentennial Highway and Dunbrack Street — means that downtown Halifax is just minutes away. But

that's even better news for the rest of Halifax. With new developments like the Canada Games Centre, the Mainland Common, the BMO Centre, and the shopping and entertainment in Bayers Lake Park, the area has become a major destination for residents across HRM.

The amenities are nice, but for residents of Clayton Park/Fairview the real attraction is the fact that the area remains one of the most affordable neighbourhoods within easy reach of the downtown core. Walker says the area

schools, including Grosvenor Wentworth, Rockingham, Duc D'Anville, Park West and Clayton Park Junior High, are among the best in Nova Scotia — another appealing draw for the hundreds of young families who move into Clayton Park/Fairview every year. The new state-of-the-art Halifax West High School is also located in the community.

The word is getting around, says Walker. "We're seeing a tremendous amount of development taking place here right now. The area is growing faster than ever."



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Prince Edward. The ghosts of Hemlock Ravine

TOM MASON
For Metro

On a stark fall afternoon, it's easy to imagine some of the saddest souls in Halifax's history wandering among the rocks of Hemlock Ravine.

Halifax wasn't much more than an outpost when Edward, Duke of Kent and Strathearn, arrived in 1791 to take up residence as its new military commander. Edward would never take the British throne, but he was the son of King George

III and the father of Queen Victoria.

Accompanying him was Julie St. Laurent, a woman he was rumoured to have married in a secret ceremony in Gibraltar, although the marriage was never recognized by the Church of England or the Royal Family. He would be forced to leave her near the end of his life to marry Princess Victoria of Saxe-Coburg-Saalfeld, Queen Victoria's mother. The province of Prince Edward Island and the town of Kentville Nova Scotia were both named in honour of Edward.

The arrival of this high-living member of the Royal Family transformed Halifax into a social centre. The prince hosted lavish parties and staged colourful military events. Edward built a palatial estate on the shore of Bedford Basin, removed from dirty downtown core. The estate, given to the prince by Gov. John Wentworth, was popularly known as Friar Lawrence's Cell.

According to legend, Friar Lawrence was a hermit who lived in a cave on the property. More likely, the name started as a local inside joke.

Friar Lawrence's Cell is a setting in Shakespeare's Romeo and Juliet, the place where the two lovers, like Edward and Julie, exchanged wedding vows that went un-

recognized by their families.

The stories of this long-gone estate are preserved in the names of the park's trails — Friar Lawrence Way, Julie's Walk, The Governor's

Walk, and Lady Wentworth Walk, in the heart-shaped pond known as Julie's Pond, and in the familiar music rotunda that still sits beside the Bedford Highway.

Monument to tragedies

For more than 10 years beginning in the 1990s, scientists at the Bedford Institute of Oceanography conducted a painstaking survey of the bottom of Bedford Basin and Halifax Harbour.

Using sidescan sonar, a technology that visually strips the water away and shows the landscape below in dramatic, three dimensional detail, the BIO scientific team discovered a host of curiosities littering the seabed around Fairview Cove. In the nearby Harbour Narrows, a railway track, part of the first harbour bridge that inexplicably collapsed one night a century ago, still winds its way from Halifax to Dartmouth. Dozens of wrecks, debris, even a line of 22 rusting Volvo automobiles — remnants from the days when a Volvo factory existed on the Halifax waterfront — have all been spotted in the shallow waters around Fairview and Clayton Park.

They have found something else as well: The moldering hulks of the d'Anville expedition. The great armada that foundered in Bedford Basin was part of a French invasion force that was sent to recapture Louisbourg three



Titanic graves in Fairview Lawn cemetery. TOM MASON/FOR METRO

years before the city of Halifax was founded. The ships disappeared from sight at the end of the 19th century, but they are still at the bottom of Fairview Cove.

Fairview Cove is also the site of another great seafaring tragedy — this one visible on land. Fairview Lawn Cemetery occupies the hill overlooking the Fairview Cove Container Terminal. The cemetery has become one of Halifax's big-

gest tourist draws in recent years, due to the fact that it contains the graves of many of the victims of the Titanic who were buried in Halifax. And with this year marking the 100th anniversary of Titanic's sinking, Fairview Lawn has received more attention than it normally receives. The historic cemetery also received new upgrades and signage to mark the tragic anniversary. **TOM MASON**



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TOM MASON
For Metro

It opened last December with little fanfare and some controversy. Now, Washmill Lake Drive and its new underpass under Highway 102 is changing the geography of the Clayton Park/Fairview area.

The \$16-million project was originally conceived to create a third entrance into

Bayers Lake Park and to relieve some of the pressure off the heavily used Chain Lake Drive entrance. But the new road is also having an impact on development in the area, with several major new construction projects taking place at the top of Main Avenue in Fairview.

As part of the improvement project, the Halifax Regional Municipality also upgraded Washmill Lake Drive to a major collector

with four lanes from two lanes, and included new bike lanes, sidewalks and storm water services.

The new route gives residents of Fairview, Clayton Park, Mainland South and Peninsula Halifax an alternate access route and also reduces the traffic load on Lacewood Drive — relieving existing and future traffic pressures and allowing for continuing development in this economic centre of HRM.

Outgoing HRM Mayor Peter Kelly says that despite the cost overruns, the Washmill Lake project is a vital piece of infrastructure to promote new development in the Clayton Park and Fairview areas.

"The completion of Washmill Lake Drive emphasizes HRM's commitment to maintaining and improving our infrastructure," Kelly says.

"By partnering with the other levels of government, we are able to make the maximum use of our financial resources as we keep pace with the growth of our community."



The Washmill Lake Underpass has created a third entrance to Bayers Lake and touched off a new round of development in the Main Avenue area of Fairview. TOM MASON/FOR METRO

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When "The Mount" opened in 1873, it was one of only a handful of institutions

of higher learning for women in Canada. In fact, by 1925 it was the only independent women's college in the British Commonwealth — operated in those days by an order of nuns called the Sisters of Charity of Saint Vincent de Paul.

Today, both men and women graduate from the university on the shore of Bedford Basin. About 5,000

students attend every year, studying for one of 38 undergraduate degrees in liberal arts and sciences or taking part in professional programs that include business administration, public relations, tourism and hospitality management, child and youth study and applied human nutrition. The university is also home to the only education program in HRM.

With an array of athletic facilities, continuing education courses, events venues and a university library, Mount Saint Vincent has also become an important part of the community around Clayton Park. The university is home to the MSVU Mystics, who compete in ACAA women's and men's basketball, soccer and women's volleyball. **TOM MASON**



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In the last decade, Lacewood Drive has become one of HRM's fastest-growing streets. TOM MASON/FOR METRO



Main Avenue in Fairview is experiencing a flurry of new construction. TOM MASON/FOR METRO

Around you. Meet the neighbourhoods

TOM MASON
For Metro

The community that stretches from Fairview to Rockingham has become one of the fastest growing in areas of HRM in recent years. It's also becoming one of the most diverse, according to Coun. Russell Walker, who represents much

of the area in HRM council. "A lot of new Nova Scotians and a lot of new Canadians are choosing to live in the area," he says. "About a third of the people who live in Clayton Park speak English as a second language. It's a very diverse community." The mix of amenities, schools and atmosphere are attracting an influx of resi-

dents. When they get here, there are lots of neighbourhoods to choose from.

Fairview: While Fairview is one of the oldest settled parts of the city, it changed dramatically in 1950s and 1960s thanks to the post-war building boom.

Clayton Park proper: The ori-

ginal subdivision in the area is now more than 40 years old. Most homes in the area are large split levels or bungalows, with some larger two-storey homes, built on large lots.

Rockingham/Bridgeview/Wedgewood: This large subdivision was started shortly after Clayton Park and most

of the homes are nearly as old. The neighbourhood features large lots and a wide variety of home styles, many that have been recently renovated.

Crestview: This new and popular neighbourhood features large, elegant homes and is located next to Hemlock Ravine Park.

Clayton Park West: This is one of the newest and fastest growing developments in the Clayton Park area, with a wide variety of homes less than eight years old.

Glenbourne: This new area is about the same age as the adjacent Clayton Park West but the homes are general smaller and more affordable.



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Centre for recreation

TOM
MASON
For Metro

When the closing ceremonies of last year's Canada Games wrapped up in Halifax, the city and the province of Nova Scotia were left with a significant legacy. Part of that legacy has already become a community focal point in Clayton Park. The impressive facility is part of a network of new projects that are quickly making the community of Clayton Park the epicentre of recreation in HRM.

The Lacewood Drive centre features a 52,000-square-foot field house, multi-sport gymnasium courts, a massive aquatic centre, 200-metre indoor running track, fitness centre and a host of other facilities for the community. It has even become home to the Halifax Rainmen basketball team and Metro League Hockey pre-season training camps. But as impressive as it is, the Canada Games Centre is only one piece of new recreational infrastructure in the area.

Next door is the Mainland Common, a multi-use field



The Mainland Common in Clayton Park is a popular multi-sport venue. TOM MASON/FOR METRO

including a soccer pitch, baseball diamonds and other facilities. The Common is also the site of Soccer Nova Scotia's indoor soccer facility. And just a short drive down

Highway 102 is the \$40-million BMO Centre, which features four NHL-sized rinks, large change rooms, a spacious foyer, food and beverage services and a sports re-

tail store. Not just for hockey and winter sports enthusiasts, the BMO Centre also has four beach volleyball courts and a large multi-purpose room for community use.

Ashburn Golf Club is vital green space for the Fairview area

For generations of Haligonians, Ashburn Golf Club has been more than a place to play 18 holes. The venerable old course on the edge of Fairview has been a vital green space for Halifax's west end, with some of the most spectacular views of the city found anywhere in HRM.

The course was a Stanley Thompson original, designed by the legendary Canadian golf course architect who created some of the best courses in the country, including Highland Links and the Pines in Nova Scotia, the Banff Springs and Jasper Park Lodge courses in Alberta and St. George's Golf and Country Club in Ontario. Thompson believed that the first holes of a golf course should be the easiest, so golfers didn't get hung up on them and create bottlenecks. The last holes should be hard. A round should never be decided on an easy hole.

The course at Ashburn



The Ashburn Golf Club. TOM MASON/FOR METRO

follows that philosophy brilliantly. The 18-hole, par-67 layout is short but challenging, and most players would agree that the tougher holes — and the most spectacular views — are found on the back 9.

Today, it's known by club members as "the Old Course" to differentiate it from Ashburn's newer 18-hole course in Fall River. A modern clubhouse facility opened in 2000.

Today, HRM's new Chain of Lakes trail system begins at the entrance to Ashburn, giving this beautiful old course even more significance as one of Halifax's most important green spaces. TOM MASON

- Advertising Feature -

Participation, Integration and ADAM

The African Diaspora Association of the Maritimes (ADAM) is a non-profit community based organization dedicated to providing services to assist immigrants of African descent in settling and integrating in the Maritimes.

Through our mission and vision, ADAM strives to encourage and foster successful participation and integration of African Canadian Diaspora in the educational, social, political, civic, and economic aspect of Canadian life. ADAM is a welcoming and integrating organization, which envisions a society in which all individuals have equitable opportunity to successfully participate in the building of the Maritime Provinces.

With partnership with organizations at both the Federal and Provincial levels of government, our programs at ADAM aim to improve the standard of living, levels of education and connect



immigrants of African Descent to the wider-community.

Our current programs include:

Information and Referral Service: This program is integral in providing new immigrants of African descent with

information required for integration. This service refers immigrants of African descent to language skills and employment readiness programs available in their communities, coordinates immigrant support groups and provides lay-counseling while newcomers adapt to the Canadian environment.

Women Health Conversation Club:

This program helps promote immigrant women's well-being and minimize their marginalization in society. Through the relaxed structure of the program, immigrant women become more engaged within the community and have help in navigating health and social services available to them, also improving their health and well-being and language skills.

Youth Mentorship & Cultural Sensitization:

This program is designed to increase

the employability of young people of African Descent in the Halifax Regional Municipality (HRM) by matching these youth with career minded professionals in the same field of interest for a six month career mentoring relationship. The program was launched March 2011 and is currently in its second year of operation; to date, this program has successfully matched 40 mentors and mentees and provided a youth exchange with a youth group from Toronto Ontario.

To find out information about our programs and services or how to get involved visit www.adamns.ca or contact us at 402-3670.



ADAM envisions a society in which all individuals, including those of African descent, have equitable opportunities to realize their full potentials.



African Diaspora Association of the Maritimes
United We stand in Diversity, Democracy, Prosperity & Peace.



The Blue Mountain/Birch Cove Lakes Wilderness is popular with hikers. TOM MASON/FOR METRO

Protected wilderness

TOM MASON
For Metro

There aren't many places anywhere in Canada quite like the Blue Mountain-Birch Cove Lakes Wilderness Area. The 3,242-acre wilderness area that's nearly as large as the Halifax Peninsula is completely surrounded by urban growth. It's likely to stay that way.

On Earth Day 2009, the government of Nova Scotia permanently protected the pristine tract from urban development by designating it a protected area, a move that took place after extensive consultation with the public,

interest groups and the municipality. Today, it's a wilderness oasis just two minutes from Clayton Park.

For decades, the Birch Cove Lakes, in particular Suzy Lake near Bayers Lake Business Park, have been a well-guarded secret shared among Halifax anglers who don't want to travel too far from town to cast a line. Local mountain bikers with a penchant for thrills know about it, too. For them the area is the location of the Whopper Dropper, a heart-stopping bike trail complete with undulating granite descents that begins just behind the Burger King in Bayers Lake.

As a canoe route, the sys-

tem is less well-known, although the word is starting to get around. It's an excellent canoe trip, just 10 minutes from downtown Halifax. The Birch Cove Lakes system is a circular route, a boon to canoeists who dislike the logistical hassles of leaving a car at both ends of a river system. And it can be traversed in one day, so that a whole weekend isn't required when the canoe bug hits.

The new wilderness area includes forests, lakes, barrens, and wetlands. It protects valued wildlife habitat and a range of wilderness recreation opportunities, all within minutes of Atlantic Canada's largest urban centre.

Real estate. Growth spurred by new infrastructure

The area around Clayton Park and Rockingham has always been one of HRM's most popular residential areas, according to Sandy Hines, a Halifax real estate agent who has been selling homes here for nearly 30 years. But these days the neighbourhoods have been experiencing a residential boom unlike any-

thing that's been seen before. "There are a number of huge developments underway in the area right now," says Hines. "Developments like Royale Hemlocks and the massive Bedford West that came out of nowhere and now has hundreds of homes."

That dramatic new growth is spurred on in part by new

infrastructure like the Larry Uteck Interchange and the Washmill Lake Underpass, says Hines, but it's mostly fuelled by young urban professionals who are looking for the convenience of living close to downtown without paying downtown mortgage prices.

"Most of the people who

are buying these new houses are young, they have young families and two incomes," Hines says. "They are also local. Because these houses are being built now, buyers who are moving into the area don't have time to wait four or five months for their new home to be completed."

"Those out-of-towners are

more likely to choose a more established neighbourhood like Clayton Park," Hines says. "Clayton Park is a very mixed demographic. It's a very popular neighbourhood with young people who grew up in Halifax, and it's also attracting a lot of new Canadians."

While Clayton Park offers

older homes with large lots, newer subdivisions like Clayton Park West Rockingham, Wedgewood, Cresthaven and Sherwood Heights are also popular with people moving into the area.

"The big attraction is the convenience," Hines says. "The commute to downtown is very appealing." **TOM MASON**

ADVERTISING FEATURE

Hear, in Clayton Park

For Dr. Patricia Cameron, changes in the Clayton Park community have mirrored the changes in her own practice. As an Audiologist in Clayton Park over the past 8 years, she has seen the need for professional and caring hearing health services grow along with the community. "Our patients are, now more than ever, concerned about staying connected to their families, their friends and for those still working, being at the top of their game".

As more people move into the Clayton Park area, Hearing Institute Atlantic has seen a shift in the demographics of patients seeking hearing health care. We are seeing people from other parts of our world that now call Clayton Park home and have a different perception of what it means to live with a hearing loss. They are excited to see the advances in technology and are particularly pleased with how small hearing devices are and how discreet.

Younger folks too are seeking hearing help. Often Dr. Cameron sees patients for a first hearing test in their 40's and 50's, much earlier than even 5 years ago, when folks usually waited until their 70's for a first hearing test - only to discover that hearing loss had already impacted their lives. Presbycusis, or age-related hearing loss, is the long, gradual decline of hearing as important hair cells in the inner ear deteriorate. "Often folks do not notice hearing loss until later in life when they are experiencing significant communication problems" says Dr. Cameron, who recommends routine hearing evaluations, starting at age 40, as part of everyone's overall health and wellness plan.

Baby Boomers have helped to shape the growth and development in the Clayton Park community, as demands for condominium and housing services, varieties of recreational and professional facilities have all grown along with the community. And Boomers are "techies", they are always looking for the latest and greatest! Recent advancements in Bluetooth™ Technology, built right into hearing devices, allow people the freedom to enjoy better hearing on cell phones, listening to music, engaging on-line and staying connected both at home and at work.

As one of the most influential consumer groups in history, the Baby Boomers also shape the changes in hearing aid technology.

Today's consumers have many choices when it comes to choosing a hearing health care professional. As leaders in our field, Hearing Institute Atlantic is able to offer patients the very best hearing devices available and personalized professional service with our commitment to a lifetime of better hearing. Dr. Cameron spends time with her patients to understand their lifestyle and their communication needs and she works to find a solution to improve their hearing and, ultimately, their overall quality of life.

"Hearing loss should not slow anyone down!" says Dr. Cameron. And with today's technology and choices, the Clayton Park community enjoys unparalleled service and support at Hearing Institute Atlantic. Need hearing help? We're the people to see!



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Huskies hoops squad has 'brand-new' feel

AUS basketball.

Many fresh faces as season gets underway this weekend



MATTHEW WUEST

matthew.wuest@metronews.ca

From the head coach to the starting five to the players off the bench, the Saint Mary's Huskies have a fresh new look this season.

Jonah Taussig embarks on his first season as Saint Mary's men's basketball head coach and has three new starters along with a handful of other newcomers vying for floor time.

Taussig, a former two-time all-Canadian guard who captained Saint Mary's to a national title in 1999, guided the Huskies to a 6-3 record in the pre-season.

"The biggest challenge is to mesh all of these new bodies," said Taussig, who spent eight years as an assistant to now-retired Ross Quackenbush.

"It's by and large a brand-new team. It's bringing them together as a team and getting them to understand each other's strengths and learning to play together."

Guard Miguel Pink and forwards Harry Ezenibe and Riley Halpin are the Huskies' key returnees, while point guard Johnny Higgins out of Baltimore and forward Kevin Thomas out of Malton, Ont., will round out the initial starting five.



Jonah Taussig, who is in his first season as head coach of the Saint Mary's Huskies men's basketball team, conducts practice at Homburg Centre on Monday.

JEFF HARPER/METRO

Higgins was most valuable player of the Eric Garland pre-season tournament in Fredericton, N.B., in late September and Taussig described him as a floor general who "can do it all."

And more help is on the way. Jordan Lee, a transfer from NCAA Division I Coppin State, is eligible to suit up for the Huskies starting Nov. 23. Also from Baltimore, Lee averaged 10.4 points per game in the NCAA in 2011-12.

"He's a very good athlete who shoots the ball really well," Taussig said. "He'll help the team from Day 1, for sure."

Brian Rouse, last season's Atlantic University Sport rookie of the year, will miss the first two months for undisclosed reasons but should rejoin the team in January.

The Huskies made it to the AUS semifinals last season after a 9-11 campaign but haven't won a championship since 2007-08. If Taussig's troops continue to gel, he hopes they'll contend.

"At times we've looked pretty good, and at times we've looked pretty bad," Taussig said. "I think we're in the mix, but to say where we'll end up is a little premature."

Opening tip-offs

The Huskies men's and women's teams host the only games on the AUS basketball schedule on opening weekend. The Memorial Sea-Hawks will visit Homburg Centre on Saturday at 6 and 8 p.m. and Sunday at 1 and 3 p.m.

As good as she is now, NCAA star could be even better, says coach

Lower Sackville's Nkem Ezurike has drawn a lofty comparison to American women's soccer legend Abby Wambach.

Ezurike, a junior striker at the NCAA Division I level with the Michigan Wolverines, has 11 goals in 11 games and sits second in Big 10 conference scoring.

Wolverines head coach Greg Ryan, who made the comparison, knows Wambach well from his days coaching the U.S. national team from 2004 to 2007. Now 32, Wambach trails only Mia Hamm among the top scorers in U.S. national team history.

"When it comes to skill, speed, strength, striking the ball, beating players one-on-

one, Nkem is better," Ryan told MGoBlue.com. "The scary thing is that she's a long way from reaching her potential. There just aren't that many players in the world with her athletic ability that can finish chances."

The 20-year-old's per-game scoring average ranks among the top-25 players in the country heading into this week's Big 10 conference championship.

Ezurike, a two-time all-Big 10 selection who represented Canada at the FIFA U-20 Women's World Cup in Japan earlier this year, has scored 31 goals in 51 games at Michigan and sits sixth on the school's all-time scoring list.

MATTHEW WUEST/METRO



Lower Sackville soccer star Nkem Ezurike in NCAA action. UNIVERSITY OF MICHIGAN

QMJHL

Drouin named week's 2nd star

Halifax Mooseheads left-winger Jonathan Drouin has been named the

QMJHL's second star of the week.

The 17-year-old was the runner-up to Blainville-Boisbriand Armada

defenceman Xavier Ouellet after recording five goals and three assists in three Mooseheads victories.

Drouin, who missed six games with a shoulder injury, has climbed to 14th in QMJHL scoring with 10 goals and 13 assists for 23 points in 10 games. METRO



Jonathan Drouin
METRO FILE

Winter Classic next to go with no bargaining progress: Source

NHL. Announcement on New Year's Day game expected by Friday

The Winter Classic is next on the chopping block.

Barring unexpected progress in the NHL's labour talks this week, the league's signature Jan. 1 event will follow the 326 regular-season games already wiped from the

schedule. The formal cancellation is expected to be made by Friday, according to a source, just ahead of a deadline built into the NHL's contract with the University of Michigan.

The deal struck with the school for the rental of Michigan Stadium last February included a "work-stoppage cancellation" clause that allows the NHL to call off the game as late as Friday for a penalty of \$100,000 US — an amount it has already paid as

a deposit.

If a cancellation comes Nov. 3 or after, the league would also have to reimburse the university for any "out-of-pocket expenses reasonably occurred" in connection with the outdoor game.

This year's Winter Classic between the Toronto Maple Leafs and Detroit Red Wings was billed as the biggest in the event's six-year history. Organizers were expecting a crowd that would eclipse

the world record of 104,173 who attended the "Big Chill" NCAA game at the University of Michigan in 2010 and an increased number of secondary events — including alumni, junior, college and American Hockey League games — were slated for a second outdoor venue at Comerica Park in Detroit.

A source indicated that they wouldn't be held if the Winter Classic was cancelled.

THE CANADIAN PRESS

No talks planned

Missed games costly for NHL

The NHL and NHL Players' Association have been locked in a stalemate since last meeting on Oct. 18.

Both sides indicated Monday there are no plans to resume talks on a new

collective bargaining agreement.

The league has already cancelled all of its regular-season games through Nov. 30 and deputy commissioner Bill Daly estimated it will have lost \$720 million US in revenue if they are never played.

THE CANADIAN PRESS



McIlroy gets best of Woods in China exhibition match

Rory McIlroy, left, and Tiger Woods walk together at Jinsha Lake Golf Club on Monday in Zhengzhou, China. McIlroy outduelled Woods in the first one-on-one exhibition match between golf's two biggest names. McIlroy shot a 5-under 67 to beat Woods by one stroke in an 18-hole match between the two top-ranked golfers. HONG WU/GETTY IMAGES

Hockey. Seguin finds scoring touch with Swiss

Tyler Seguin is settling into his new surroundings.

The locked-out Boston Bruins forward has spent the past month in Switzerland, where he's found a home with EHC Biel during the NHL's work stoppage. The 20-year-old has quickly established himself as a dangerous player on the larger international ice surface with eight goals and 16 points in 12 games.

"I think I'm still adapting," said Seguin. "There are still

plays out there that I feel like I can still make better reads. I think it's just going to keep coming with experience in this league."

"Hopefully, I'll keep improving." Seguin seems to have taken his game to another level recently, recording a hat trick during a win over Ambri-Piotta last week and following it with a two-goal effort in a victory over Zurich three nights later.

THE CANADIAN PRESS

NBA. LeBron's long wait for ring ends tonight

LeBron James is finally getting his championship ring.

Somehow, that seems like an ancillary element to opening night in Miami.

It's Boston versus Miami Tuesday night, a rematch of last season's Eastern Conference finals in which the Heat prevailed. It's Ray Allen versus the Celtics for the first time since he left after five seasons to join Boston's current rival. And, oh, it's also the night where the Heat celebrate last

Quoted



Heat forward LeBron James on Tuesday night's season opener against the Celtics

"Game 1 doesn't determine who's the better team."

season's championship with a splashy ring-and-banner ceremony. THE ASSOCIATED PRESS

NFL. Smith leads charge in 49ers' dominant win

On an almost perfect Monday night for Alex Smith, the San Francisco 49ers flexed their NFC West dominance with a 24-3 flattening of the Arizona Cardinals.

Smith completed 18 of 19 passes for 232 yards and three touchdowns, two to Michael Crabtree and one to Randy Moss, as San Francisco (6-2) opened a two-game lead in the division and sent Arizona (4-4) to its fourth straight loss.

THE ASSOCIATED PRESS



San Francisco quarterback Alex Smith on Monday night in Glendale, Ariz. GETTY IMAGES

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Horoscopes

Aries

March 21 - April 20

You will make your needs and desires known with ease today. Partners and colleagues will "get it" instantly, not least because you have such a straightforward way of expressing yourself. Try not to be rude though.

Taurus

April 21 - May 21

Others will do your bidding with no questions asked. With the Sun and Pluto on good terms, you have that imperious air that compels people to do what you say. Whether it's good for you, or them, is another matter.

Gemini

May 22 - June 21

Push your suspicions to one side and learn to trust the people you work and do business with. If you hesitate or hedge your bets, you may look back later and mentally kick yourself for being so timid.

Cancer

June 22 - July 23

Good news of one sort or another will come your way over the next 24 hours. Most likely it will have something to do with a long-term creative project or an affair of the heart — or maybe both.

Leo

July 24 - Aug. 23

You won't have to make much of an effort today — the world will come to you. Everything seems to be happening at just the right time and in just the right way. Make the most of this lucky streak.

Virgo

Aug. 24 - Sept. 23

Before you allow yourself to get annoyed with someone, make sure you have heard them right and make sure you understand what they are trying to say. It could be your own understanding that is at fault.

Libra

Sept. 24 - Oct. 23

Today's Sun-Pluto link is good for family and financial matters, and if you act quickly and decisively you will make some kind of breakthrough. Don't sit back and wait for things to happen. Go out and make them happen.

Scorpio

Oct. 24 - Nov. 22

This is a great time for getting things done, and a great time for travelling and socializing too. If you have been daydreaming about making an escape, this could be the day when you do it for real.

Sagittarius

Nov. 23 - Dec. 21

Your fortunes will change for the better over the next few days but there is no point trying to rush things. The Sun in the most sensitive area of your chart indicates you will achieve more by doing less.

Capricorn

Dec. 22 - Jan. 20

Pluto in your birth sign makes you ultra ambitious but today's link to the Sun means you need to let those you are working alongside make more of an input. They've got some good ideas too you know.

Aquarius

Jan. 21 - Feb. 19

Quality is always more important than quantity, so slow down a bit and focus on the one thing you are really good at. You don't have to do everything to be a success. Identify your niche.

Pisces

Feb. 20 - March 20

The cosmic picture is so favourable at the moment that you have every reason to believe that life will just keep on getting better. Today's Sun-Pluto link urges you to be more dynamic. Take what it is you desire. **SALLY BROMPTON**

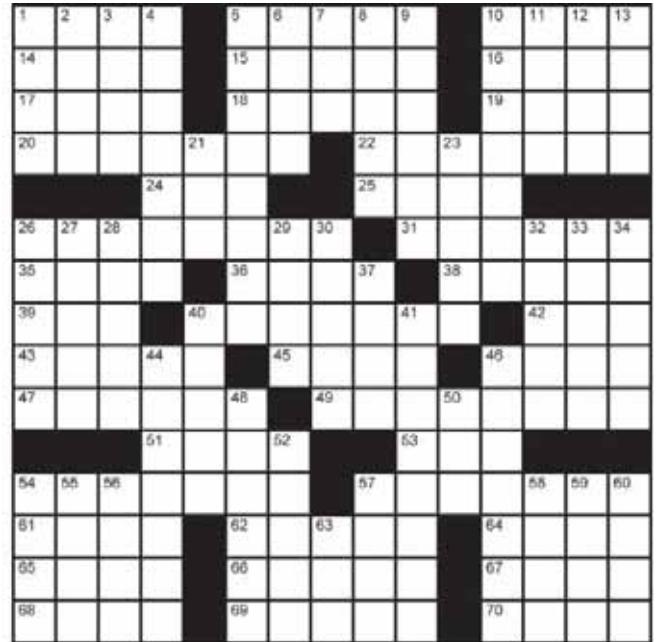
Miscellany

Across

1. ___ Scotia
5. Slurpees' competitors
10. Carriage horse's pace
14. Figure skater's leap
15. Engine supercharger, for short
16. Arranges crookedly, as a prizefight
17. Albanian neighbour
18. Distribute, as confetti
19. Southern California's best-known university, for short
20. Rabbit ears, e.g.
22. Third-largest municipality in 4-Down (2 wds.)
24. Kanga's child in the Winnie-the-Pooh books
25. Elm or oak
26. Come ___ : go to pieces, behaviourally
31. Discolors
35. "And ___ word from our sponsor" (2 wds.)
36. Bird feeder food
38. Bad news for a taxpayer
39. Island: Fr.
40. R.B. ___ : 11th Prime Minister (1930-35)
42. Big event for a dot-com: initialism
43. Like a wave, sometimes (when overwhelming)
45. Fly high
46. Lion's bellow
47. Having good placement in a race or tournament
49. Member of a Montréal CFL team
51. ___ Krishna
53. 1960s counterculture hallucinogen
54. Firmly fastened, like the seams on Levis
57. Hubbub
61. Hertz Rent-_-
62. "It's ___!": phrase of confirmation for an assignation (2 wds.)
64. Canada's largest petrol company
65. Ontario-born *Scream* star Campbell
66. The ___ of *Anne Frank*
67. In addition
68. Alumnus, for short
69. Circus animals that balance balls
70. Legal wrongdoing

Down

1. US space gp.
2. Yoked beasts
3. Green: Fr.
4. "Wild Rose Country" province
5. Defeatist declaration (3 wds.)
6. ___ deal: reach an agreement (2 wds.)
7. Flub
8. TV movie critic Roger
9. Farmers, when they strew seeds
10. 15th PM (1980-84)
11. Asian staple grain
12. Stare at
13. Pre-1917 Russian leader
21. And not
23. Coup _'___ : political rebellion
26. Apartments
27. "It's the truth!" (2 wds.)
28. Stockholm native
29. Religious sisters
30. Columbus's birthplace
32. Numskull
33. ___ your heels: bite on like a puppy (2 wds.)
34. Emporium
37. Blue shade
40. Sheep's cry
41. Streetcars
44. Stuck (to)
46. Beef or lamb, but not
48. Expects the worst
50. Can. neighbour
52. Murphy of *48 HRS.*
54. Resounded
55. Baker's frosting tool
56. "___-vroom!"
57. Bottom-row PC key
58. Norway's capital
59. Soviet Union: initialism
60. Cheer (for)
63. Small battery



Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

9	4	2	6	7	1	3	5	8
6	1	7	8	5	3	4	2	9
3	5	8	4	9	2	7	1	6
5	9	4	1	2	8	6	3	7
1	8	3	7	6	4	5	9	2
2	7	6	5	3	9	1	8	4
7	2	9	3	1	6	8	4	5
4	3	5	2	8	7	9	6	1
8	6	1	9	4	5	2	7	3

		9		3		1	6	
7	5		1				3	
		2			6			
		3		9				
1		8				7		4
				2		3		
			6			2		
	6				2		9	3
	7	1		4		5		

Today
Aug. 24 - Sept. 23
14°/13°
Showers
70%

Wednesday
16°/11°
Rain
90%

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